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OUR MODEL:

Melissa Trapani

"FITNESS EMPOWERS ME. EVERY OTHER ASPECT OF MY LIFE FALLS INTO PLACE WHEN I AM TRAINING."

GET A ROCK STAR BODY

Want arms (and abs and legs) like Madonna? Her personal trainer, Craig Smith, reveals some of the pop queen's favorite moves for keeping up her amazing physique.

BY **ALYSSA SHAFFER** | PHOTOGRAPHS BY **PER BERNAL**

BODY ROCKIN'
Pop icon Madonna shows off the results of years of hard, dynamic training!

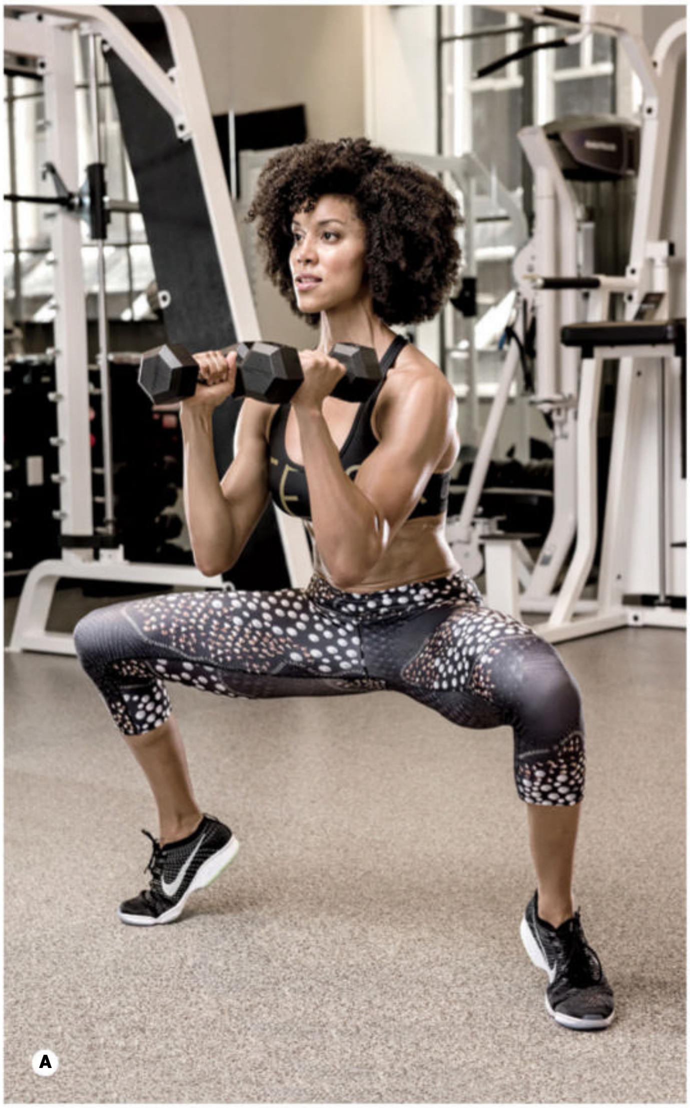
IT'S NOT EASY

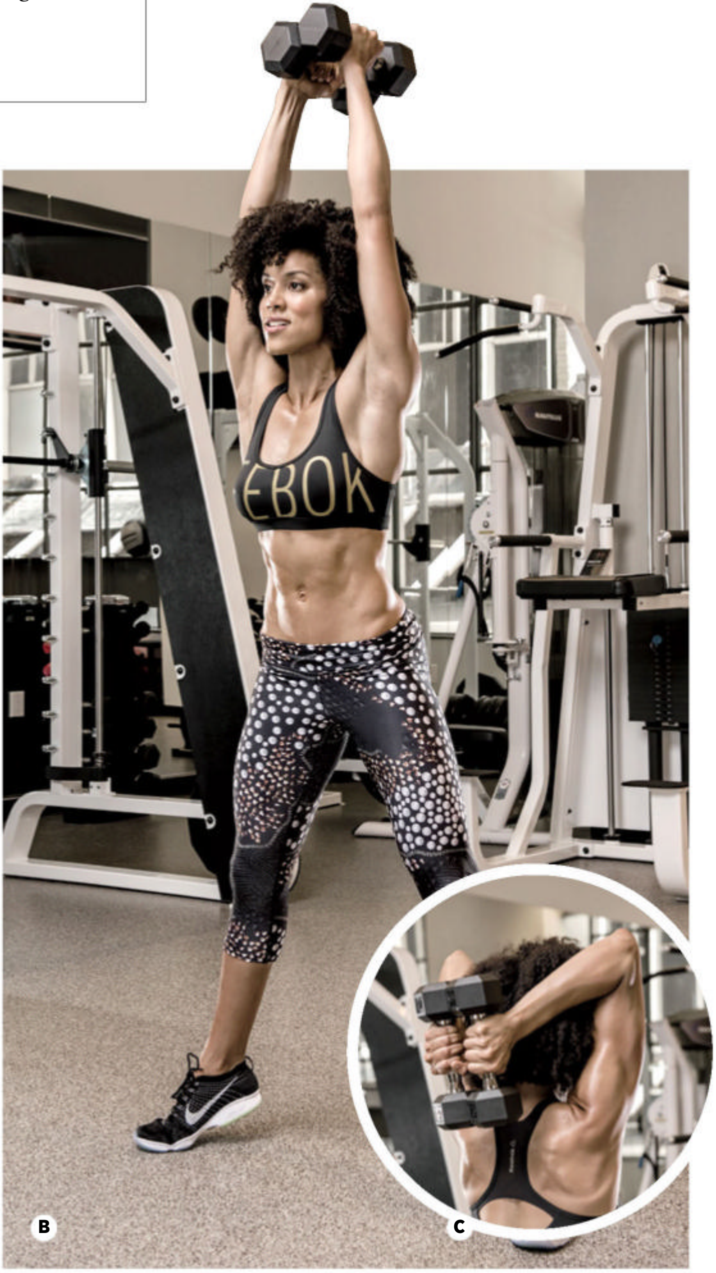
getting a body like Madonna—at 57, she's got the strength, stamina, and muscle tone of a fit woman half her age. Her intense work ethic plays a big part, but her personal trainer, Craig Smith, also gets credit for keeping her fit and energized. "Our workouts are designed to support what she does onstage, which means a mix of endurance, flexibility and mobility, stability, balance, and resistance training," says Smith, who is also the creative director of Hard Candy Fitness, a chain of fitness studios created by Madonna in 2010. The pop icon, who kicks off her 42-city Rebel Heart worldwide tour this month, regularly follows workouts like this fast and furious total-body strength circuit. Do it three times through to hit every major muscle group while boosting heart rate and blasting calories.

TRIPLE-PULSE SQUAT AND TRICEPS PRESS

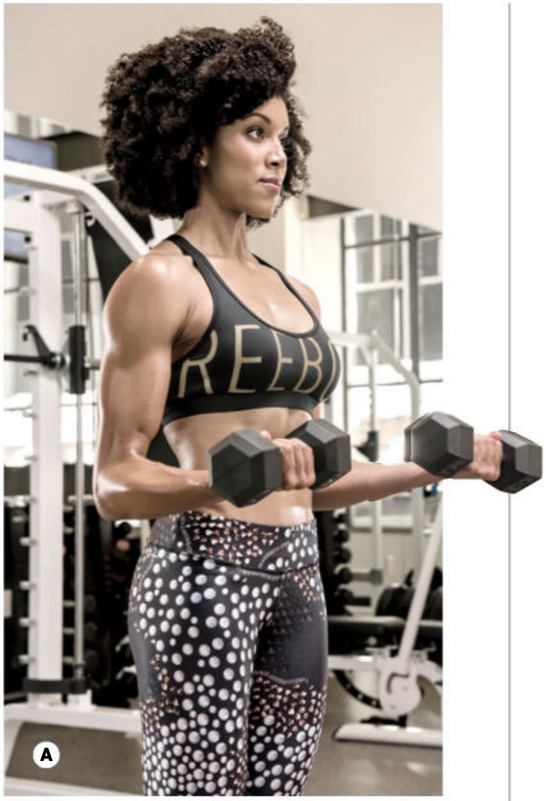
WORKS: SHOULDERS, TRICEPS, GLUTES, THIGHS, CALVES

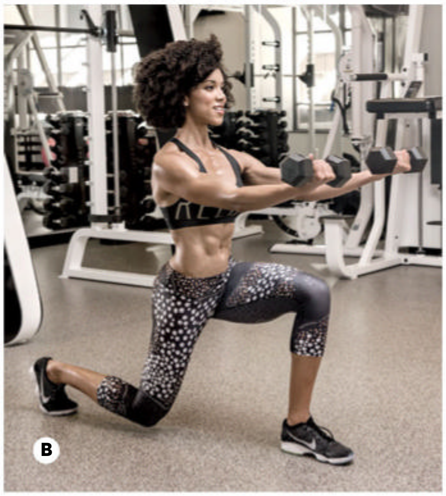
- Stand with feet wider than shoulder width, toes turned out. Hold weights at shoulders, palms in; lift heels **(A).** Lower into a sumo squat and pulse 3 counts, hands in front of chest.
- Stand up, keeping heels lifted and extend arms overhead, bringing weights together with palms facing each other **(B).**
- Lower weights behind head, keeping biceps close to ears and heels lifted **(C).** Straighten arms above head; then return to squat, keeping heels up. Continue 1 minute.





HAIR & MAKEUP BY CHRISTIE CAIOLA





DUMBBELL LUNGE SERVE OUT

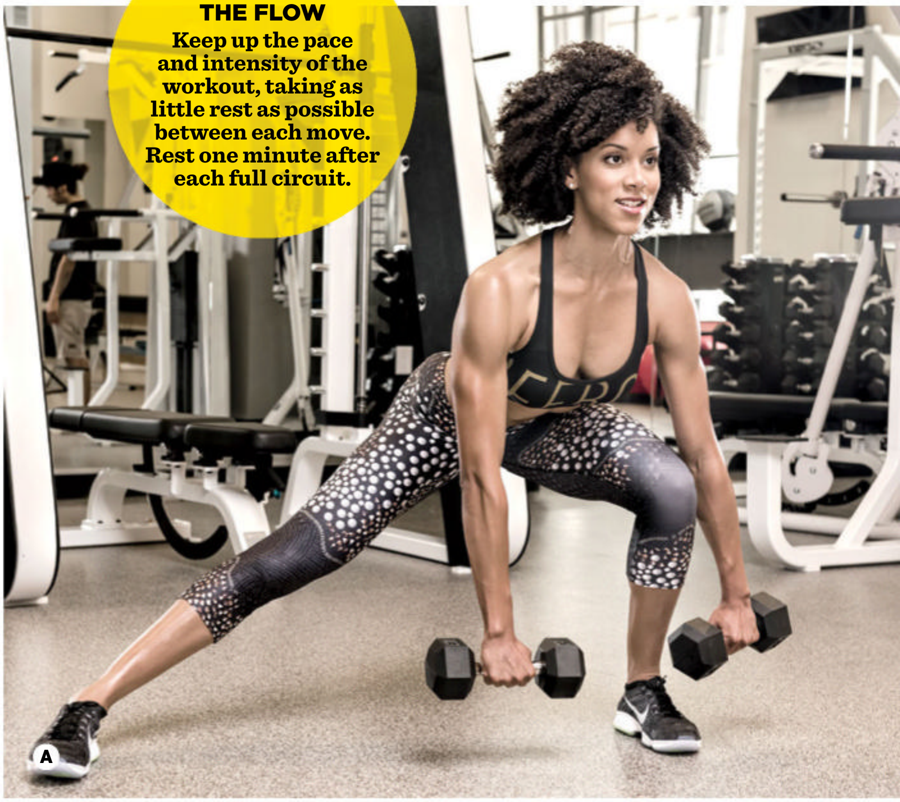
WORKS: BACK, BICEPS, GLUTES, THIGHS

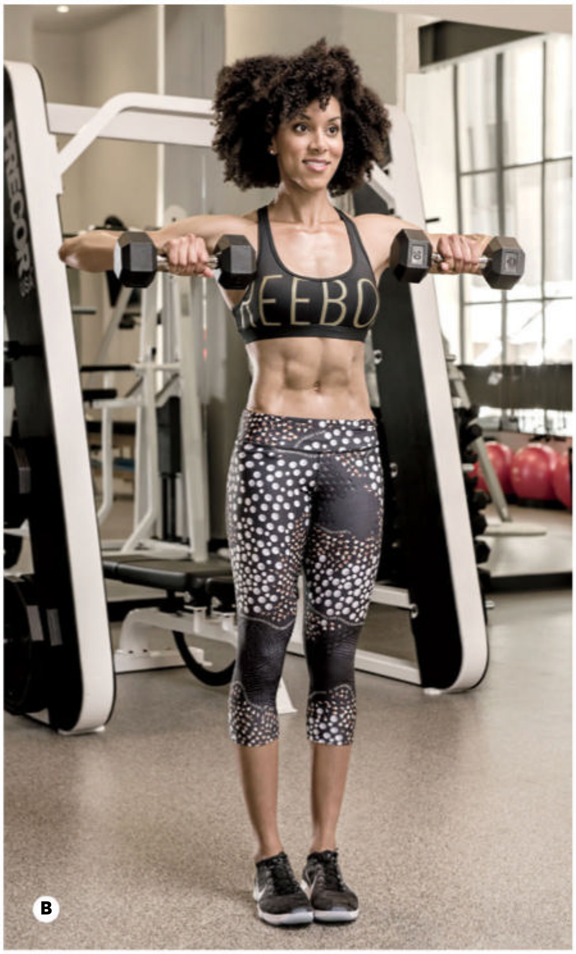
- Stand tall with feet hip-distance apart, holding dumbbells with arms bent 90 degrees, elbows close to sides, palms up **(A).**
- Lunge forward with left leg, bending both knees 90 degrees. As you lunge, extend arms forward to shoulder height **(B).**
- Hold here for one count, then step back to start, bringing elbows back toward ribs. Repeat for 30 seconds, lunging forward with left leg, then switch sides and repeat for another 30 seconds, lunging forward with right leg.

SPORTS BRA & LEGGINGS BY REEBOK; SNEAKERS BY NIKE

GO WITH THE FLOW

Keep up the pace and intensity of the workout, taking as little rest as possible between each move. Rest one minute after each full circuit.

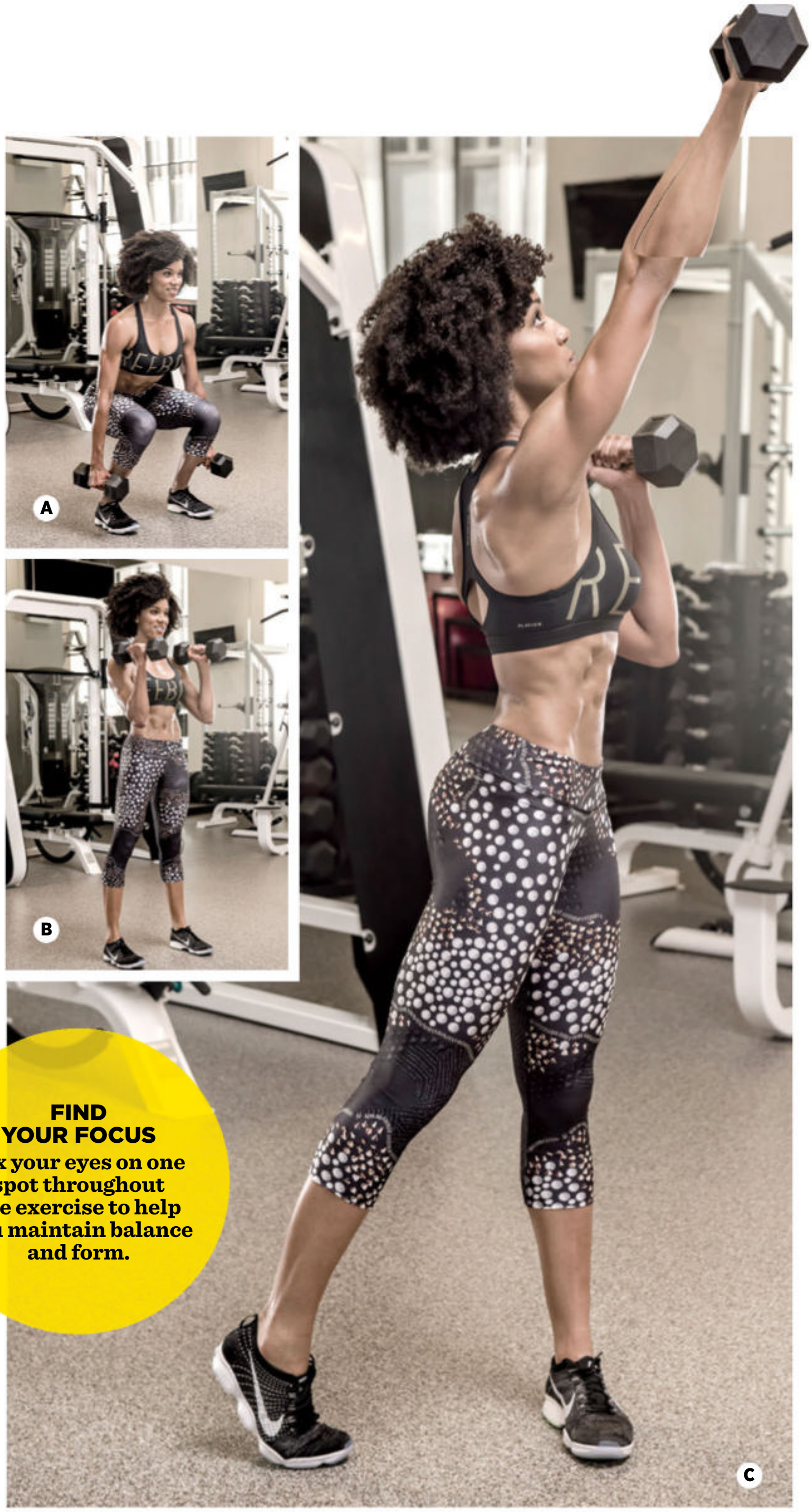




SIDE LUNGE TO UPRIGHT ROW

WORKS: SHOULDERS, BACK, GLUTES, THIGHS

- Stand holding weights in front of thighs. Step left foot out to left side, bending left knee 90 degrees while pushing glutes back. Keep both feet facing forward, left knee aligned over ankle and shin perpendicular to floor **(A).**
- Step left foot back to center, bringing both feet together. At the same time, row weights toward chest, flaring elbows out to shoulder height. Keep wrists straight and abs engaged. **(B).** Step back out to left and repeat for 30 seconds; switch sides.



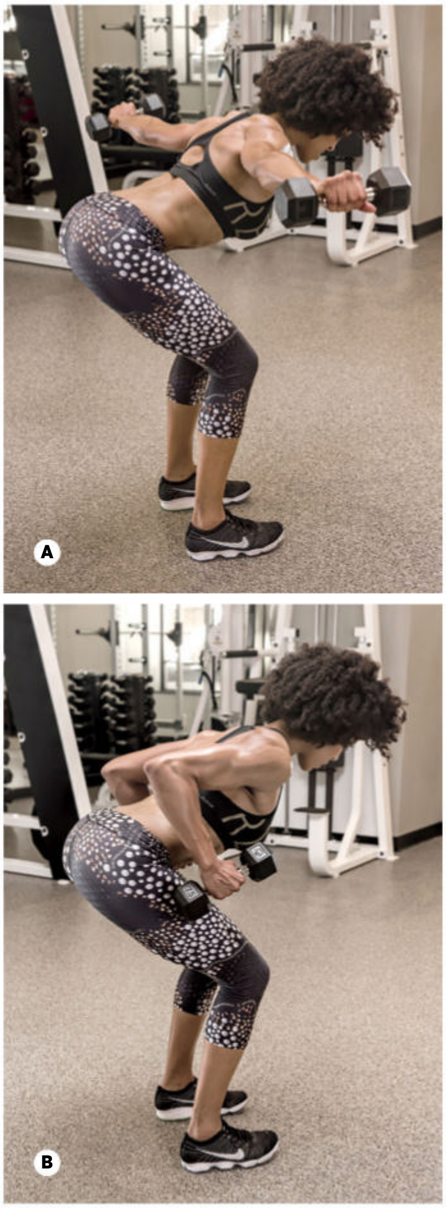
FIND YOUR FOCUS

Fix your eyes on one spot throughout the exercise to help you maintain balance and form.

SQUAT, CURL, AND PRESS

WORKS: SHOULDERS, BICEPS, CORE, GLUTES, THIGHS

- Stand with feet shoulder-width apart, holding weights with palms facing sides. Squat down, bending knees 90 degrees and sitting back in heels. Keep head up and shoulders down **(A).**
- Stand up, curling weights toward shoulders **(B).**
- Extend right arm above shoulder, pivoting off right foot as you rotate torso to left **(C).** Keep left hand in curl.
- Lower right hand back to shoulder, then lower and straighten both arms toward floor. Repeat squat series, this time extending left arm after the curl and rotating to right side. Continue for 1 minute.



REVERSE FLYE TO BACK ROW

WORKS: BACK, CORE, GLUTES

- Stand with feet hip-distance apart, arms at sides holding weights, palms in. Hinge forward from hips, bending knees slightly as you lower torso toward floor. Keep back flat and head in line with spine.
- Lift arms out to sides, squeezing shoulder blades together; keep a slight bend in elbows as you bring weights in line with shoulders **(A).** Hold for one count, then lower weights back to start.
- Keeping upper body hinged toward floor, row elbows toward sides, keeping arms close to body and head in line with spine **(B).** Hold for one count, lower and repeat the entire series for 1 minute.

3 INTENSE AB MOVES

Add on these three core exercises to strengthen and tone all of your abdominal muscles.

Reverse Crunch to Heels Up

▶ Lie faceup on floor with legs extended, feet lifted above hips and flexed. Keep arms at sides with palms down.

▶ Using your lower abdominals, lift your hips off the floor, bringing heels toward ceiling. Slowly lower back down and repeat for a total of 30 seconds.

Hands Back with Knee Tucks

▶ Sit on the floor with legs extended, knees slightly bent. Place hands behind you, palms down below shoulders and elbows bent behind you.

▶ Lift heels and lean back, engaging abdominals. Pull knees into chest.

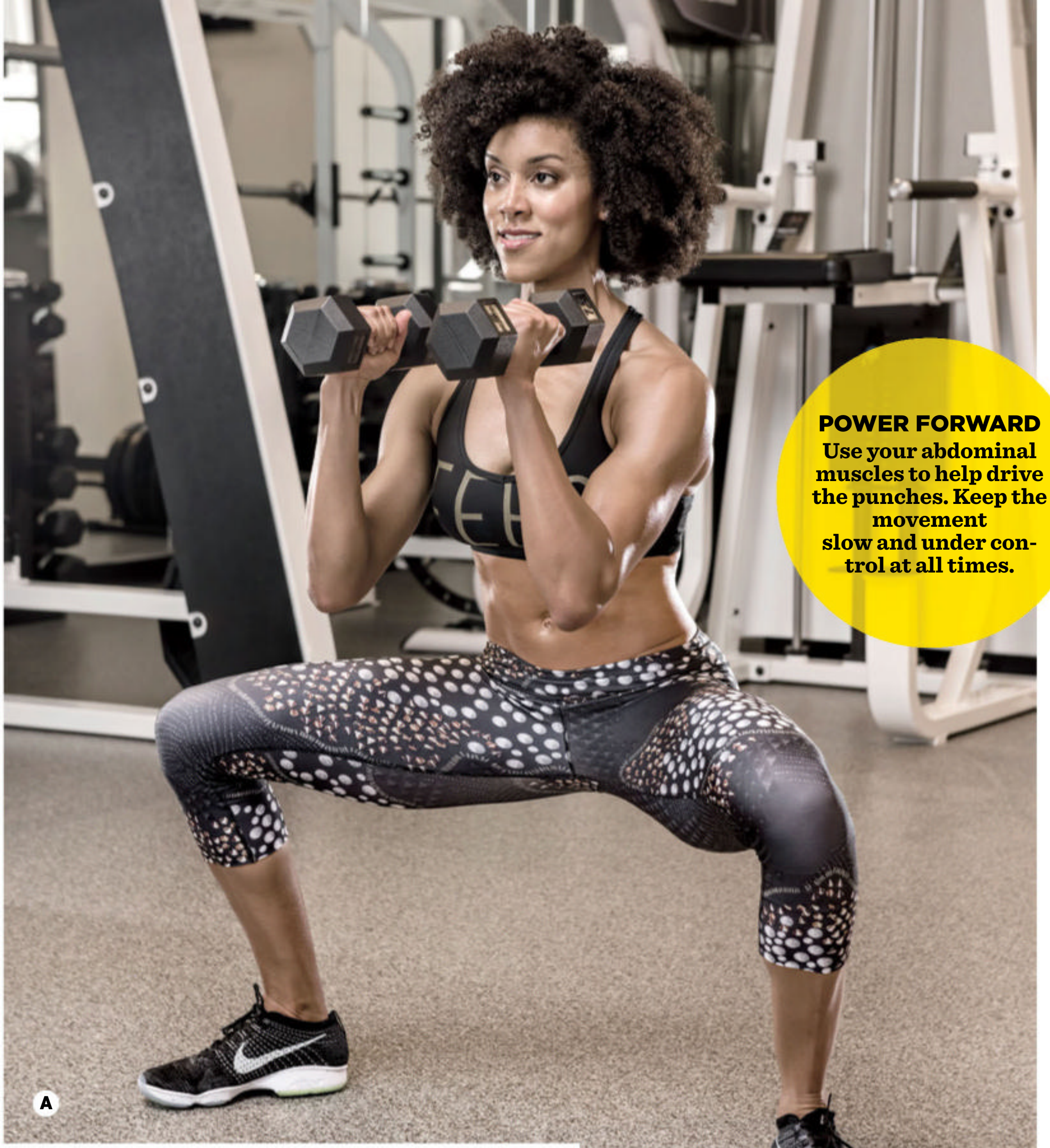
▶ Extend legs forward, keeping them about 45 degrees to floor. Pull legs back to chest and repeat for a total of 30 seconds.

Side Plank with Hip Drive

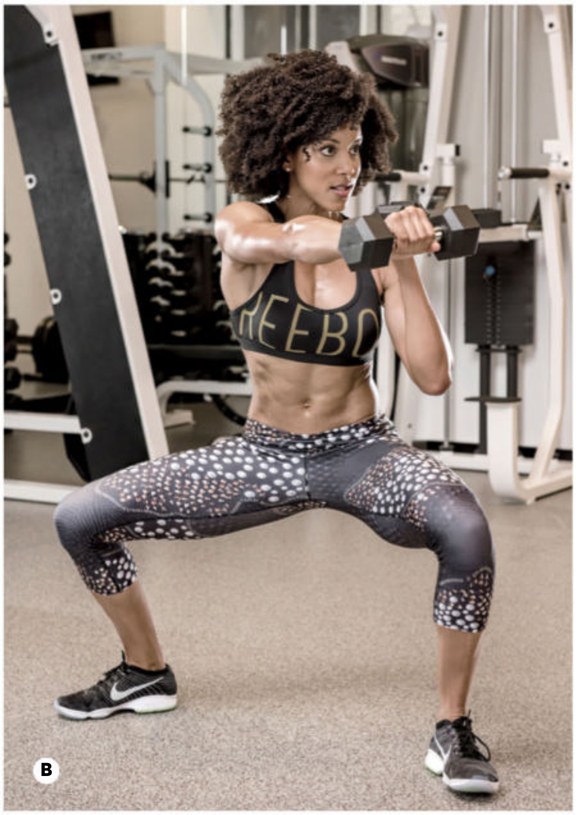
▶ Lie on right side with shoulders, hips and legs stacked, right forearm on the floor perpendicular to body, left hand on hip.

▶ Lift hips, forming a straight line from head to heels.

▶ Lower right hip toward floor, dipping down a few inches, then lift hips back up to side plank. Repeat, continuing for 30 seconds. Switch sides and repeat.



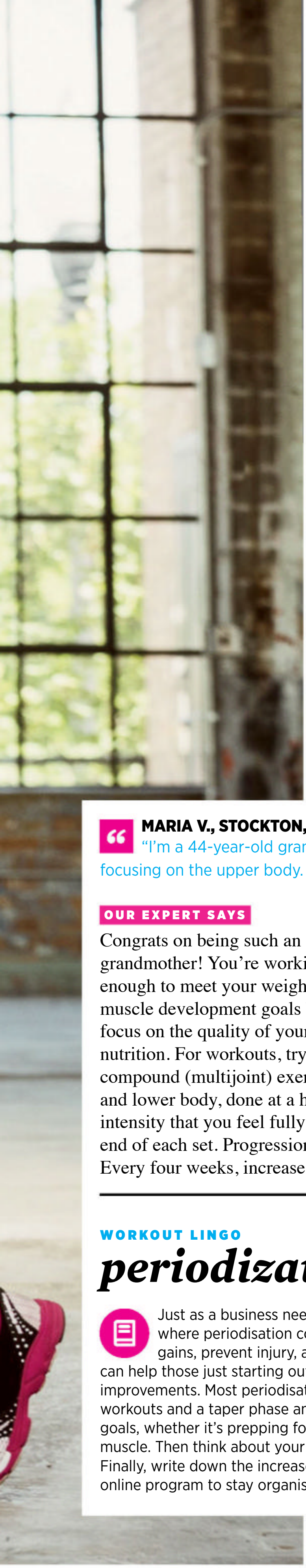
POWER FORWARD
Use your abdominal muscles to help drive the punches. Keep the movement slow and under control at all times.



PLIÉ SQUAT AND PUNCH

WORKS: SHOULDERS, ARMS, CORE, GLUTES, THIGHS

- Stand with feet wider than shoulder distance apart, toes turned out slightly. Hold weights at shoulder height, elbows pointing down.
- Lower into a plié squat, bending knees about 90 degrees. Keep knees over ankles, tracking with toes **(A)**.
- Rotate torso to left, punching right hand in front of left shoulder. Keep shoulders over hips and knees bent **(B)**.
- Return to center and repeat, this time rotating to right while punching left hand in front of right shoulder. Continue for 1 minute, remaining in squat throughout.



Rethink Your Workout Routine

MARIA V., STOCKTON, CA
"I'm a 44-year-old grandmother. I'm weigh about 68 kilos. I work out three days a week, focusing on the upper body. My goal is to lose weight and sculpt muscle all over."

OUR EXPERT SAYS

Congrats on being such an active grandmother! You're working out often enough to meet your weight loss and muscle development goals but need to focus on the quality of your training and nutrition. For workouts, try to include compound (multijoint) exercises for upper and lower body, done at a high enough intensity that you feel fully fatigued by the end of each set. Progression is critical: Every four weeks, increase the weight while hitting the rep counts outlined here. To help keep your diet on track, use a food log. I would also recommend emphasising your protein intake. Protein is an enormously valuable macronutrient responsible for supporting tissue repair and muscle growth and retention.Add in a whey protein post-workout shake.

—EVAN SHY, OWNER OF SHYTOWN

WORKOUT LINGO

periodization [peer-ee-*uh*-duh-zey-shuh n]

Just as a business needs a plan to map its growth, your body needs a fitness plan. That's where periodisation comes in. A long-term, cyclical training strategy meant to maximise gains, prevent injury, and avoid plateaus by varying time, volume, and intensity, periodisation can help those just starting out to safely progress and allow avid exercisers to see continued improvements. Most periodisation plans cycle between a build phase of mostly higher-intensity workouts and a taper phase and recovery period. Before you begin, take a moment to define your goals, whether it's prepping for a competition, training for a race, or reducing body fat and adding muscle. Then think about your time frame—how long do you have to reach your primary goal? Finally, write down the increase in weights or reps, cardio or HIIT sessions, etc. Use a notebook or an online program to stay organised. —GINO CACCAVALE

OLD WORKOUT ROUTINE

(3 sets, 15 reps)

- Triceps Pushup
- DB Biceps Curl
- DB Shoulder Press
- Shadow Box *(30 sec.)*
- Speed Bag *(30 sec.)*
- Air Jump Rope *(30 sec.)*
- DB Bentover Row
- DB Lateral Raise
- Triceps Chair Dip
- Shadow Box *(30 sec.)*
- Speed Bag *(30 sec.)*
- Air Jump Rope *(30 sec.)*

Rest 1 minute

(3 sets, 12 reps)

- DB Triceps Punch Out
- DB Hammer Curl
- DB Triceps Extension
- DB Bench Press
- Concentration Curl
- DB Shoulder Press
- DB Shoulder Raise

NEW WORKOUT ROUTINE

Day 1

(Repeat 3 to 4 times, 2-min. rest between circuits)

- DB Squat Curl and Press: *15 reps*
- Shadow Box (hold 3-lb dumbbells): *30 sec.*
- Plank into Pushup: *10 reps each side*
- DB Lateral Raise/Front Raise (superset): *15 reps*
- Weighted Stepup (on bench): *15 reps each leg*

Day 2

(Repeat 3 to 4 times, 2-min. rest between circuits)

- DB Straight-leg Deadlift: *20 reps*
- Body-weight Jumping Split Squat: *20 reps*
- DB Bentover Row: *20 reps*
- DB Reverse Flye: *20 reps*
- Squat and Cable Row: *20 reps*

Day 3

(Repeat 3 to 4 times, 2-min. rest between circuits)

- DB Lunge with Shoulder Press: *12 reps each leg*
- Assisted Pullup: *15 reps*
- Pop Squat: *20 reps*
- DB Squat: *15 reps*
- Long Lever Plank (elbows extended past shoulders): *1 min., increase duration with each set*

ERIK ISAKSON/CORBIS; THOMAS LE BAS

Turbo Row

For a total-body, fat-blasting workout, it's hard to beat the indoor rower

BY **KRISTIN MAHONEY**

THE MOST overlooked — and underrated — cardio machine in the gym just might be the indoor rower. Also known as an ergometer (or "erg" among enthusiasts), the rower offers a high-intensity, full-body burn: A 64 kilogram woman rowing at a good pace can blast 119 calories in only 15 minutes. "Rowing is multifaceted in its benefits—there is virtually no impact, it can be as intense as you want, and it's versatile enough for any fitness level," says Arielle Childs, a fitness instructor.

Many think of rowing as primarily an upper-body work-out, but it actually works the entire body, including your upper back, shoulders, arms, core, glutes, hips, and especially legs. Before you hop on a machine and start pulling, keep in mind that form is the key to getting a good workout and preventing injury. New erg users "tend to pull with their back rather than pushing with their feet, which can lead to back injury," explains Childs. Newcomers often just go for speed or do the mechanics out of order, both of which compromise results.

To stroke, first push off with your legs, then pivot your back, then pull the handle toward your body, bringing it level with the bottom of your sports bra. Follow that order (legs, back, arms) to aid your technique. Then to come back, aka the recovery, reverse that order: Extend your arms, bring your core forward, and then bend your knees into your catch position. "The entire stroke, both the drive and recovery, should be completed in one fluid motion," Childs says.

Function follows form: Rather than going for speed, dial in your technique.

FAT-BLASTING ROWING ROUTINE

Once you've got your form set, try this total-body burner from Childs. There are no built-in breaks, so just rest as needed.

WARMUP (8 TO 10 MIN.): Get on the erg and focus on the parts of stroke and recovery to improve technique.

PYRAMID: Focus on increasing your stroke rate by taking about 10 to 15 strong strokes at the following pace (strokes per minute): 20, 22, 24, 26, 28, 30, 28, 26, 24, 22, 20.

Strength moves: Hop off the rower and do the following exercises for 45 seconds each: pushups, squats, crunches, planks.

POWER INTERVALS: Pick up the pace and row for 20 seconds (try to maintain a 24 to 26 stroke rate), then recover for 20 seconds; repeat. Then row hard for 40 seconds, with 20 seconds of recovery, two times. Finish with 60 seconds of hard rowing, with a 20-second recovery after each.

Strength moves: Hop off the rower and do the following exercises for 45 seconds each: side plank left side, side plank right side, V-up, Russian twist.

DISTANCE: Go as far as you can in three minutes, aiming for at least 600 meters. (If you pass this number, keep going.) Recover for 60 to 90 seconds, then repeat, trying to add an additional 20 meters to your previous distance.

Finish with a few minutes of total-body stretching.

UN-SHAKABLY DRIVEN

Amy Powell

Model @amy_powell_ifbbpro

By HERS South Africa
Photography by Jason Ellis

Such an honor to have you on Muscle & Fitness Hers, everyone has their own special story about how they got involved in health and fitness. Could you tell us a little bit about your journey to where you are today?
Thank you so much for having me featured in one of the best fitness magazines on the planet! I've been a competitive soul my whole life and have always loved lifting at the gym since the age of fourteen. Extreme sports have always appealed to me. I began playing on my older brother's skateboard at the age of six. I was a cheerleader in high school and during this time I fell in love with the sport of snowboarding. I started back when the sport was in its infancy, and I competed at the amateur level. A few years later, wakeboarding came on the scene, and I very quickly progressed due to its similarities to snowboarding. I guess you could say that standing sideways just comes naturally to me. I competed in both wakeboard nationals and worlds for two years. After having two children, I again had the itch for something competitive in my life. After some thought, it circled back to the gym. I had always loved the women's physiques in the muscle magazines and have always dreamed of having that gorgeous, athletic look. In 2012, at the age of 40 years old, I entered my first figure and bikini contest. I crossed over because I didn't know which division was exactly right for my physique. I attended the Olympia about a month prior to my first show to watch the pros and to see if it was for me. I fell massively in love with the sport, and the fire within has remained sky-high ever since. After 10 years of competing, I earned my IFBB Pro card in July 2022. I am very proud and blessed to be a part of the best bodybuilding organization in the world!

What is your typical workout routine? Here are my secrets for your readers! Since I am an IFBB figure competitor, my training is focused on improving that X shape, so the training is very balanced and specific to my division. I lift six days per week: two legs days, (one day for quads & one day for glutes), two days for back/bicep/triceps, and two shoulder days for all three heads of the shoulder. I limit cardio to the bare minimum in the off-season - usually only 3-4 times a week, because I like to use cardio as a tool to get lean in prep-I, do not want my body to become too cardio vascularly efficient. When in prep, I still lift six days a week, but the cardio gradually increases and I will do more depending on how close I am to the show date. The closer I am, the longer the duration and more frequent the sessions. A good coach will be able to help you find your own perfect recipe for your body.

Do you work out with a particular trainer and what are a few of the top things they've taught you? My coach is the mind-blowing, awe-inspiring, Whitney Jones. This incredible athlete has taught me so much about a champion mindset and how it can help propel you through setbacks and all of life's challenges. She always reminds you to control the controllables, and that this subjective sport is all about you vs. you. If you've done everything in your power to prepare properly, you should feel like it's your day and you've already won. If you brought a better package to the stage than the last show, you need to celebrate that and be proud of yourself. Here is how you can get in touch with Ms. Whitney Jones and her amazing team so they can help you reach your goals.

Keeping camera ready sounds like a full-time job. What is your diet and supplementation like? I eat a macro-based diet year-round. The macros change depending on where I am in my season. For improvement season, I focus on GRADUALLY increasing my carbohydrates and fats. I have a weekly treat meal that is protein-based. Usually a burger and fries, steak and potato, or sushi with extra sashimi. In contest prep, it's the opposite. My carbs and fats will gradually decrease-it's a very slow decrease as you don't want to decrease too fast. Decreasing too quickly could shock the body, resulting in a metabolic halt- not exactly what you're looking to do in prep. I include all the food groups in the offseason, although I still limit dairy because my body doesn't digest it well. It helps to know which foods your body can tolerate. Look for inflammation and bloating. If you find that a certain food bloats your body, try to eat in moderation. My protein stays pretty much the same year-round.

What would you say are the most common fitness myths that need to be busted in the industry today?

Lifting heavy will make you bulky!
Don't be afraid to lift heavy! Muscle can be your best friend. A good coach will design a specific and well-balanced plan using progressive overload for many of the exercises. Track your lifts with a journal and follow a solid nutrition plan to really dial in and see your progress. The more muscle you have, the more fat your body will burn at rest. Muscle is GOLD. The more muscle you have and build now, the better off you will be when you get older. It's a huge investment in your health.

Detox, detox. Detox.
At this moment, there is no scientific evidence that extreme detox diets work in the long term. These diets may work in the short term, but they could eventually harm you in the long run-causing you to gain even more weight than when you started. You could lose muscle mass and you will have to go back to square one to build the muscle back. In general, don't fall for the quick fix.

I'm eating clean and training hard but the scale isn't budging, so nothing is happening! UGH!

Your body composition may be changing! This is why taking body measurements weekly is much better than relying on the scale for data. You could be losing body fat while gaining muscle. If your weight stays the same but you are losing inches, it's a sign that you're moving in the right direction. Your clothes will not lie to you! Other times, the body just goes into a plateau which is normal and should be expected. Yes, It's frustrating, but your body just needs some extra time to catch up. As long as you stay positive and consistent with your training and nutrition, your body will eventually respond in the direction you want it to go. It's just a matter of who wins. So, keep pushing and win the battle. Your patience will pay off.

What advice can you give us on how to make the rest of this year the most successful yet? Whether it's in business, self-improvement or health and fitness? If you're having trouble fitting it all in with your current situation, try getting up earlier! Preparation + Organization = Domination! Set your gym clothes out the night before and have your meals ready to grab and go in the refrigerator. It doesn't sound appealing at first, but the rewards are way worth it. It feels like a superpower to me to be up before the rest of the world, so to speak. Those hours are precious because it allows for not only "ME" time, but the distractions are cut to practically nil. No calls and no texts are a beautiful thing sometimes. Cortisol is higher in the morning as well, boosting my productivity and mood. It feels pretty empowering to get so much done by 7:00 AM when most of the world is just getting out of bed.

What's your top three go-to nutritious snacks? Rice cakes & Olive oil sprinkled with sea salt. It's my substitution for movie theatre popcorn, and I love it.

On plan frosting.1/2 to one scoop of unflavoured carbohydrate powder, peanut butter, and honey. And Greek yogurt. Whip together to a frosting-like consistency. From there, dip berries, apples, and rice cakes. Rice pudding: Mix rice with honey, A little

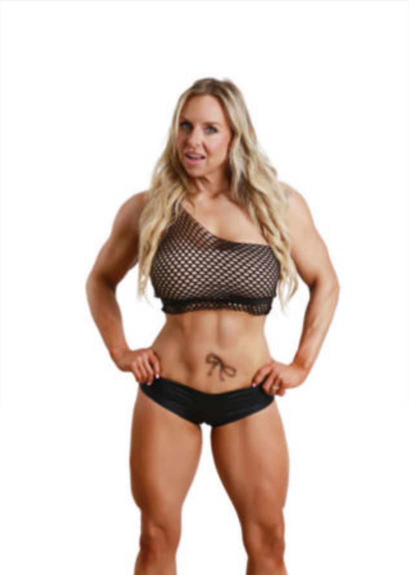
Greek yogurt and cinnamon.
On a side note, I will eat a portion of protein with all of the snacks above to keep blood sugar stable. All meals should include one serving of protein.

What workout apps or online sites do you recommend or use? Pliability, (formerly ROMWOD) Stretching is a huge part of my recovery and I need it every day. The routines range from 10 to 50 minutes long, depending on your specific needs and time. I look forward to doing the routines as they focus on meditation breathing as well. The instructor keeps an athletic focus and the routines have made a huge difference in my recovery. It always feels great after and is very calming-this is always an act of self-care before bed or after your workout.

Where can our readers find out more about you? Amypowellfit.com (*Updating*)
Amypowellfitnutrition.com (*Updating*).

Any parting words of wisdom? En-clothed cognition is the term for the mental changes that undergo when people wear a specific kind of clothing. Dress fit at the gym to feel fit and train harder!

Treat yourself to your custom-made outfit by my Italian designer, elisabettarogani.com. She will make you feel invincible throughout your workout with your perfect fit. My cover says it all!



KICK-BUTT CARDIO

Favorite cardio machine at the gym taken? Try something new: These 19 high-intensity workouts will blast fat and burn calories while fitting into the busiest schedule. Hop on board and get going!

BY **CHRIS ARTIS**

From stationary bikes to rowers to climbers, you can get in a killer cardio session anywhere.

STATIONARY BIKE

Indoor cycling classes offer fat-blasting, calorie-scorching, leg-sculpting workouts in a competitive yet social setting. Top instructors designed these routines for the days you can't make it to class. Just bring your own beats and start pedaling!

VICTOR SELF, FLYWHEEL MASTER INSTRUCTOR AND LEAD INSTRUCTOR, WEST COAST

Follow the simple, effective warmup below before you start the hill and sprint workouts on the next page, advises Self, who put together all three. Use the RPE (rate of perceived exertion) scale of 1 to 10 to determine how hard you are working: 1 = easy, 5 = moderately challenging (hard to sustain for more than three minutes), 10 = extremely challenging (an effort you couldn't sustain for more than 60 seconds). Resistance is indicated at four levels: light, moderate, heavy, and very heavy. Speed is slow (40–60 rpm), moderate (70–80 rpm), fast (85–100 rpm), and maximum (100+ rpm).

BREAK A SWEAT

TIME: 10 MINUTES

MINUTES	ACTIVITY
0 – 2	Easy riding with light resistance and moderate speed (70–80 rpm); RPE: 2–4
2 – 3	Slightly increase resistance to moderate while maintaining moderate speed; RPE: 3–5
3 – 4	1 min. pedaling fast (85–100 rpm) with moderate resistance; RPE: 5–7
4 – 5	1 min. moderate pedaling (70–80 rpm) with moderate resistance; RPE: 3–5
5 – 6	1 min. fast pedaling (85–100 rpm) with moderate resistance; RPE: 5–7
6 – 7	1 min. moderate pedaling (70–80 rpm) with moderate resistance; RPE: 3–5
7 – 8	1 min. fast pedaling (85–100 rpm) with moderate resistance; RPE: 5–7
8 – 9	1 min. moderate pedaling (70–80 rpm) with moderate resistance; RPE: 3–5
9 – 10	1 min. fast pedaling (85–100 rpm) with moderate resistance; RPE: 5–7

QUEEN OF THE HILL DRILL

TIME: 30 MINUTES

MINUTES	ACTIVITY
0 – 3	Start seated with moderate resistance and moderate speed (70–80 rpm); RPE: 3–5
3 – 6	Increase resistance two times in 3 min.; slow speed (40–60 rpm); moderate-heavy resistance; RPE: 5–7
6 – 8	Keep resistance and stand; increase speed for 60 sec. to 60+ rpm, then back to 40–60 rpm; RPE: 6–8
8 – 9	Decrease resistance to moderate and increase speed to moderate while seated; RPE: 3–5
9 – 13	Slow speed, heavy resistance, stand; add resistance three times in 4 min.; RPE: 6–8
13 – 15	Keep heavy resistance, increase to 60+ rpm (30–45 sec.), then return to original pace seated; RPE: 7–9
15 – 17	Decrease to moderate and maintain moderate pace while seated; RPE: 3–5
17 – 22	Very heavy resistance, slow speed; add resistance twice during the 5 min. while standing; RPE: 8–10
22 – 23	Very heavy resistance, increase speed (55+ rpm) 30–45 sec.; return to slow pace, standing; RPE: 9–10
23 – 24	Decrease to heavy resistance and maintain slow speed while seated; RPE: 7–9
24 – 26	Decrease to moderate resistance and increase to moderate speed; RPE: 4–6
26 – 28	Decrease to light resistance and increase to fast speed (85–100 rpm) while seated; RPE: 2–4
28 – 30	Cool down, seated, allowing heart rate to decrease; end with some stretching

PAVEL STUCHLIK, FOUNDER OF ATMASPHERE STUDIO IN ATLANTA; FORMER PRO CYCLIST

STUCHLIK'S POWERHOUSE SPIN FUSION

TIME: ABOUT 20 MINUTES

Adapted for the stationary bike by Stuchlik, the format of this workout is simple but effective: warmup, endurance, strength, power, recovery.

WARMUP: 4–6 MINUTES

- Keep one foot on the pedal and the other off and out of the way. Spin for 1 min. with one leg. Switch to opposite side for the same amount of time. Repeat two to three times.

HIGH GEAR: 4 MINUTES

- Dial it up to major resistance. Spin in high gear for 4 min.

POWERHOUSE: 4 MINUTES

- Amp up to a big gear effort with very high rpm for 4 min. Aim to reach 82% to 92% of your maximum heart rate.

RECOVERY: 4 MINUTES

- Slow the pace and reduce resistance for a 1-min. recovery, followed by a 1-min. sprint. Repeat.

PRO TIP FROM STUCHLIK: "STRETCHING HELPS FINISH YOUR RECOVERY OFF THE BIKE, AND YOGA SUN SALUTATIONS ARE THE PERFECT ENDING. FINISH WITH A FEW MINUTES OF MEDITATION IF POSSIBLE."

THE ULTIMATE SPRINTER

TIME: 30 MINUTES

MINUTES	ACTIVITY
0 – 3	Light resistance at 70–80 rpm; RPE: 2–3
3 – 4	Light resistance at 80–90 rpm; RPE: 4–5
4 – 7	Light resistance at 90–100 rpm; RPE: 6–7
7 – 9	Light resistance at 100+ rpm; RPE: 7–8
9 – 10	Recovery with light to moderate resistance at 60–80 rpm; RPE: 2–3
10 – 13	Moderate resistance at 70–80 rpm; RPE: 3–5
13 – 15	Moderate resistance at 80–90 rpm; RPE: 5–7
15 – 17	Moderate resistance at 90–100 rpm; RPE: 7–8
17 – 19	Moderate resistance at 100+ rpm; RPE: 8–9
19 – 20	Recovery with light to moderate resistance at 60–80 rpm; RPE: 3–5
20 – 22	Moderate resistance at 90–100 rpm; RPE: 6–8
22 – 23	Moderate resistance at maximum speed; RPE: 9–10
23 – 25	Recovery with light to moderate resistance at 60–80 rpm; RPE: 3–5
25 – 27	Moderate resistance at 90–100 rpm; RPE: 7–9
27 – 28	Moderate resistance at maximum speed; RPE: 10
28 – 30	Cool down, allowing heart rate to decrease; end with some stretching

CHAN GANNAWAY, FITNESS DIRECTOR OF ORANGETHEORY FITNESS CORPORATE

ROLLING HILLS WITH FLATS

TIME: ABOUT 27 MINUTES

Gannaway designed this exhilarating cycling workout, which varies resistance and intensity.

- 4–5-min. warmup, 60–80 rpm, light*
- 1 min., 70–80 rpm, medium**
- 2 min., 80–100 rpm, medium
- 2 min., 70–80 rpm, light
- 2 min., 70–80 rpm, heavy but doable***
- 1 min., 80–100 rpm, light
- 1 min., 70–80 rpm, heavy but doable
- 1 min., 90–110 rpm, medium
- 2-min. cooldown, 60–70 rpm, light

Repeat cycle block, eliminating warmup

**Light: Can maintain pace for 30 min.*
***Medium: Challenging but steady*
****Heavy: Hard but can maintain it*

PREVIOUS SPREAD: MARK HORN/GETTY IMAGES

■ **For form tips and more on the benefits of rowing, see page 26.**

INDOOR ROWING MACHINE

Rowing lights up nearly every major muscle group in your body and will put your endurance to the test, even in short intervals. Here are four completely badass workouts for the indoor rowing machine.

1

HIIT Sprint Series

TIME: 12–15 MINUTES

Stein shares this interval routine for people who are short on time. Don't be fooled by its brevity—this workout will fry you! Log your sprint times and use them as a benchmark for when you do this workout again.

- Row 500 meters at about 60% effort, not for time
- Rest 30 sec.
- Row 250 meters at max effort; keep track of time
- Rest for the amount of time it took you to row
- Repeat for a total of four sprints, 1:1 work-rest ratio
- Row 500 meters at about 60% effort, not for time

2

Up the Ladder

TIME: 45–50 MINUTES

Stein created this ascending ladder that increases intensity with every round. Punishment gluttons can descend back down after.

- Choose a split time (pace per 500 meter) that is challenging but maintainable for a 1,000-meter row
- Row 100 meters at or faster than the selected split time
- Rest for the amount of time it took you to row
- Row 200 meters at or faster than the selected split time
- Rest for the amount of time it took you to row
- Continue up the ladder in 100-meter increments until you reach 1,000 meters, maintaining a 1:1 work-rest ratio

3

Three Pyramids

TIME: 40 MINUTES

Olympic rower Peterson advises you to do this workout as hard as you can the whole time. "Your pace will improve as your stroke rate goes up, but you want to avoid falling apart and going easy, or 'paddling,' as the stroke rate comes down."

16–18 spm*	3 min.
22–24 spm	2 min.
28–30 spm	1 min.
22–24 spm	2 min.
16–18 spm	3 min.

- Rest 3–5 min.
- Repeat two more times

*SPM is strokes per minute

4

2K Row/Burpee-over-erg Couplet

TIME: 15 MINUTES

Two kilometers is the length of most Olympic rowing races and is a benchmark distance for the indoor rowing machine. That's a tough test on its own, but Abbott likes to throw in a twist: Hop off and do 10 burpees over the rowing machine after each 500-meter increment. "Those last 10 burpees are particularly soul sucking," says Abbott.

JARED STEIN,
LEAD INSTRUCTOR AT CITYROW IN NEW YORK; HEAD COACH AT WILLYB CROSSFIT

NICK PETERSON,
MEMBER OF THE 2000 UNITED STATES OLYMPIC ROWING TEAM (MEN'S QUADRUPLE SCULLS); COACH AT CROSSFIT SOUTH BROOKLYN

NOAH ABBOTT,
COACH AT CROSSFIT SOUTH BROOKLYN

ERIK ISAKSON/CORBIS

THREE MACHINES YOU NEVER USE (BUT SHOULD)

Lucky enough to have this equipment around? Try it out and get set to sweat hard.

Reverse Tabata on the *ASSAULT AIR BIKE*

TIME: 4 MINUTES

"The Assault Air Bike is the most demanding bike of its kind," says Noah Abbott. Try to do an eight-round reverse tabata for total calories—that's 10 seconds of work followed by 20 seconds of rest. "Clients who have never done it sometimes sniff, thinking it will be too easy." But this workout has most athletes reduced to a puddle.

CrossFit Jerry Hero Workout on the *TRUE FORM TREADMILL* and *CONCEPT2 INDOOR ROWER*

TIME: 21–30 MINUTES

Unlike most treadmills, the True Form is not motorized, so the experience is more like actual running, says Abbott. He recommends the classic CrossFit workout "Jerry," named to honor Sgt. Maj. Jerry Dwayne Patton of the Army, who died in 2008. It's a timed workout: one-mile run, followed by a two-kilometer row, followed by a one-mile run. "Don't redline the first run or you'll lose it on the rower. After the row, immediately get on the True Form. Your legs will feel like jelly at first, but after a few hundred meters, you'll hit your stride."

Seven Up on the *VERSACLIMBER*

TIME: 15 MINUTES

The VersaClimber requires you to use your arms and legs in a vertical motion that mimics an extremely steep climb. Christian Fox, coach at CrossFit South Brooklyn, recommends the following interval workout. "Your goal is to be as consistent as possible so there isn't a significant drop-off in the number of feet climbed in the final rounds."

- 2-min. warmup at about 50% effort
- Rest 30 sec.
- 1 min. hard at about 90% effort
- Rest 30 sec.
- Repeat interval sequence for a total of seven rounds
- 2-min. cooldown at about 50% effort

TREADMILL

Even if you are an avid hiker or road runner and insist on working out outside, there will be times when using a treadmill is simply your best option (e.g., you do not want to run in a lightning storm). These fun and challenging workouts mix it up for you on the treadmill.

FRANKLIN ANTOIAN,
FOUNDER OF *IBODYFIT.COM;*
AUTHOR OF *THE FIT EXECUTIVE*

The Hiker's Workout

TIME: 60 MINUTES

Antoian offers this to clients getting in shape for a long hike. Focus on taking long, full strides as the incline increases.

- 15-min. race walk at 8 kph, flat incline
- 10-min. fast walk at 7 kph, 5% incline
- 10-min. power walk at 6 kph, 10% incline
- 10-min. power climb at 4 kph, 15% incline
- 15-min. cooldown at 6 kph, gradually reducing

Sprint Endurance

TIME: 40 MINUTES

This workout can help when you need to reach deep for extra bursts of energy.

- Jog at an easy pace for 10 min.
- Run 5 kilometers at a challenging but achievable pace
- After completing 5 kilometers, sprint for 5 sec., then walk for 5 sec.
- Sprint for 10 sec., then walk for 10 sec.
- Sprint for 15 sec., then walk for 15 sec.
- Sprint for 30 sec., then walk until you have cooled down

Repeat sprint section three to five times; walk to cool down.

Freshen up your treadmill routine and challenge your muscles with new variations.

COREY JENKINS/CORBIS

Running hills is a critical component of middle- and long-distance road-race training. Shoemate, a Houston-based ultramarathoner whose workout tips can be found at cari-fit.com, offers an intermediate and advanced treadmill workout that will strengthen your quads, kick your cardio into high gear, and give you the tools to conquer big hills.

CARI SHOEMATE,
OWNER OF BOMBSHELL BOOTCAMP, HOUSTON

INTERMEDIATE HILL-RUNNING WORKOUT

TIME: 28 MINUTES

MINUTES	INCLINE	MPH
0–5	0	5.5 kph
5–10	3	8.0 kph
10–12	0	9.5 kph
12–14	5	9.5 kph
14–16	0	9.5 kph
16–18	7	9.5 kph
18–20	0	8.0 kph
20–25	7	8.0 kph
25–28	0	Cooldown walk

ADVANCED HILL-RUNNING WORKOUT

TIME: 28 MINUTES

MINUTES	INCLINE	KPH
0–5	0	9.5 kph
5–10	5	9.5 kph
10–12	10	8.5 kph
12–14	10	8.0 kph
14–16	10	9.5 kph
16–18	10	8.0 kph
18–20	5	8.5 kph
20–25	3	12.0 kph
25–28	0	Cooldown walk

BRAIN TEASER

TIME: 45 MINUTES

Nicole Wilkins, a Met-Rx–sponsored figure pro who has mentored and coached many other competitive athletes, designed this fantastic treadmill fat burner. Adjust the speed to match your fitness and comfort level.

- 3-min. warmup, 5.5 kph

RAISE INCLINE TO 2%

1 MIN.	**11.0 kph**
1 MIN.	**5.0 kph**
1 MIN.	**12.0 kph**
1 MIN.	**5.0 kph**
1 MIN.	**13.0 kph**
1 MIN.	**5.0 kph**

- Repeat sequence once

LOWER INCLINE TO FLAT

1 MIN.	**14.0 kph**
90 SEC.	**5.0 kph**

- Repeat sequence 10 times
- 5-min. cooldown at 5.5 kph

STEPMILL

Wilkins has her clients perform this quad crusher, which keeps both your body and mind engaged.

NICOLE WILKINS,
FOUR-TIME IFBB FIGURE OLYMPIA AND THREE-TIME IFBB FIGURE INTERNATIONAL CHAMP

AROUND THE WORLD ON THE STEPMILL

TIME: 40 MINUTES

SET MACHINE TO MANUAL

- 5 min. at level 10
- 2 min. at level 12; skip every other step
- 1 min. at level 15
- 1 min. at level 10, facing right (turn body sideways and cross your leg over as you step up)
- 1 min. at level 10, facing left
- 1 min. at level 16
- 1 min. at level 8
- Repeat sequence five times
- 5-min. cooldown at level 6

ELLIPTICAL MACHINE

If you're feeling slightly beat up, the elliptical can be an excellent option for a low-impact cardio blast. Shy, a member of team Optimum Nutrition, created this tough climbing workout for the elliptical.

EVAN SHY,
PHYSIQUE COMPETITOR, PERSONAL TRAINER, OWNER OF SHYTOWN FITNESS IN CHICAGO

SHYTOWN EVEREST

TIME: 20 MINUTES

- **3-min. warmup:** 30% of maximum effort, 10 resistance
- **60-sec. sprint:** 85% of maximum effort, 24 resistance
- **60-sec. recovery:** 50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:** 90% of maximum effort, 23 resistance
- **60-sec. recovery:** 50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:** 95% of maximum effort, 22 resistance
- **60-sec. recovery:** 50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:** 95% of maximum effort, 21 resistance
- **60-sec. recovery:** 50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:** 100% of maximum effort, 20 resistance
- **3-min. cooldown:** 35% of maximum effort (110 bpm), 10 resistance

BONUS BURNOUT: THREE SUPERSETS OF SQUAT JUMPS AND JUMPING LUNGES, 20 REPS EACH EXERCISE

ONE MONTH, ONE GOAL:

30 DAYS TO SIX-PACK ABS

Get set to show off your waistline with this core-centric sculpting plan

WORKOUT BY **LACEY STONE** | PHOTOGRAPHS BY **PER BERNAL**

THERE'S A REASON SO MANY SELFIES FEATURE A SEXY SET OF SIX-PACKS: Well-defined abs are the hallmark of fitness, a chance to show off the hard work you've put in with training and diet. And this one-month plan can help take your middle to the next level. "I'm a big fan of mixing up exercises so you never get bored and creating challenges so you always feel like you're improving," says trainer Lacey Stone, who designed this program. Equally important is diet: "If you eat poorly, you won't see results, but if you do the routine and get your diet in order—hello, midriff!"

30-DAY SIX-PACK CHALLENGE

Follow this plan for one month along with the diet tips on page 82 and watch those strong abs emerge.

WEEKS 1 AND 2

Frequency: Four times a week
Time: One minute per move (unless otherwise stated). Rest 30 seconds between moves.

WEEK 3

Frequency: Four times a week
Time: One minute per move (unless otherwise stated). Rest 30 seconds between moves.

WEEK 4

Frequency: Four times a week
Time: Two minutes per move (unless otherwise stated). Rest 30 seconds between moves.

THE EXERCISES

WEEK 1

DAY 1

AB REACH
Lie faceup on floor with legs lifted above hips and arms above shoulders. Crunch up, reaching toward toes, then lower back to start.

PLANK
30 to 60 seconds.

RUSSIAN TWIST 1
Sit on floor with knees bent and hands held lightly together in front of you. Lean back about 45 degrees, engaging abs. Rotate torso to right as far as you can; return to center and rotate to left.

DAY 2

JACK KNIFE 1
Lie faceup on floor with knees bent and arms extended past ears. Reach hands toward legs as you lift knees toward hips; lower and repeat.

SIDE PLANK
30 to 60 seconds per side.

MOUNTAIN CLIMBER
45 to 60 seconds.

DAY 3

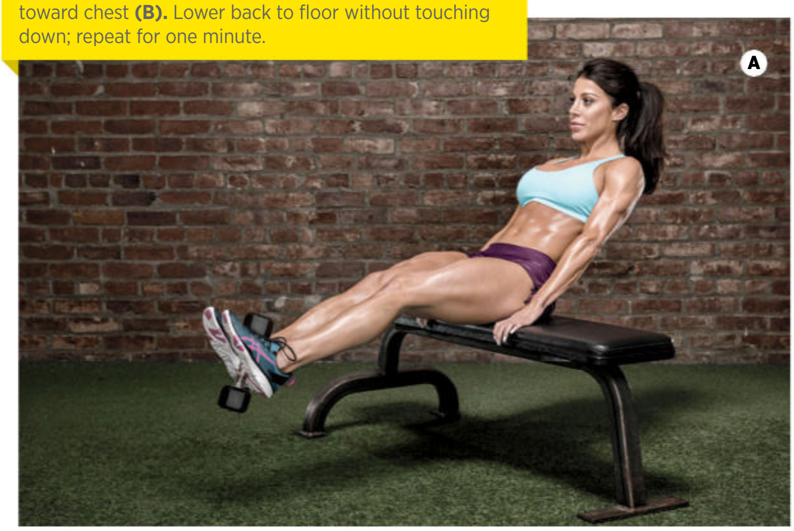
YOGA BOAT 1
Lie faceup on floor with knees bent, feet flat on floor, and hands at sides, palms up. Lift feet a few inches off floor while also lifting head and shoulders, contracting abs, legs, and glutes. Hold 30 to 60 seconds.

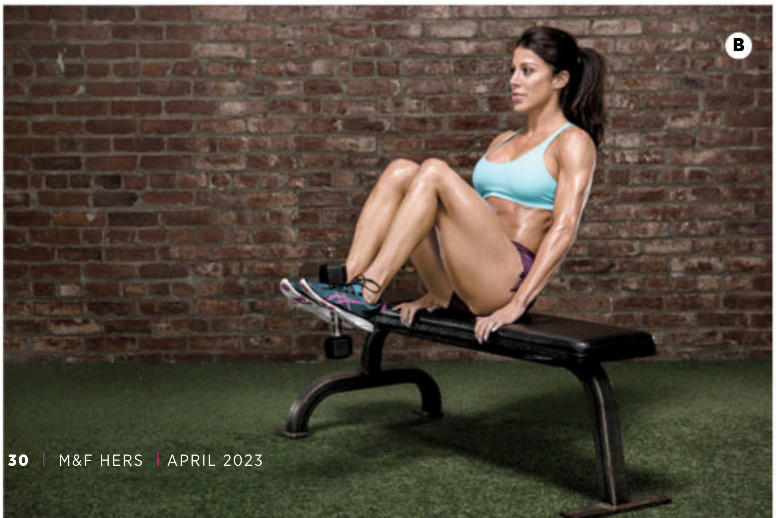
LOW TO HIGH DB
(See images, below)

KNEELING WOODCHOPPER
Kneel on floor holding weight in both hands in front of you. Bring weight down to outside of right leg, then rotate from core to lift weight diagonally across body and above left shoulder. Lower in same path and repeat for 30 seconds, then switch sides and repeat.

LOW TO HIGH DB

Sit at end of weight bench, legs extended, and place a light dumbbell between feet. Lean back 45 degrees, keeping abs tight **(A).** Keeping legs together, bring knees toward chest **(B).** Lower back to floor without touching down; repeat for one minute.





WEEK 2

DAY 1

AB REACH WITH BALL
See Week 1; add medicine ball in hands.

PLANK
60 to 90 seconds.

RUSSIAN TWIST 2
See Week 1; raise feet.

DAY 2

JACK KNIFE 1
See Week 1.

SIDE PLANK
60 to 90 seconds per side.

MOUNTAIN CLIMBER
60 to 90 seconds.

DAY 3

YOGA BOAT 2
Lie faceup on floor with legs extended, hands at sides, and palms up. Lift feet a few inches off floor while also lifting head and shoulders, contracting abs, legs, and glutes. Hold for 30 to 60 seconds.

LOW TO HIGH DB
See Week 1.

KNEELING WOODCHOPPER
See Week 1.

WEEK 3

DAY 1

FULL BODY TAP
Lie faceup on floor with knees bent, feet flat on floor, and arms above head next to ears. Lift upper body to sitting position, tapping floor between feet. Slowly reverse position back to start; repeat.

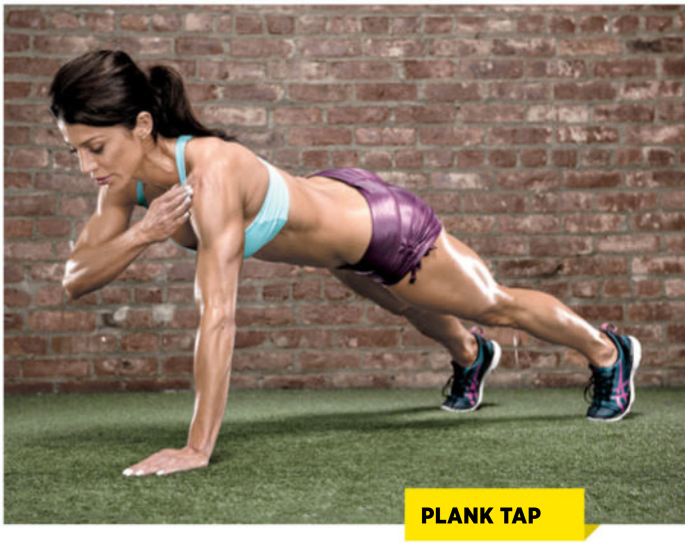
PLANK TAP
(See image, below)
Begin in full plank position, hands on floor below shoulders and legs extended behind you in a wide stance. Keeping abs tight and head in line with spine, tap right hand to left shoulder. Return hand to floor and repeat on opposite side.

MED BALL RUSSIAN TWIST
(See image, middle right)
See Week 1; add medicine ball in hands. Bring ball to each side, rotating from torso; alternate sides.

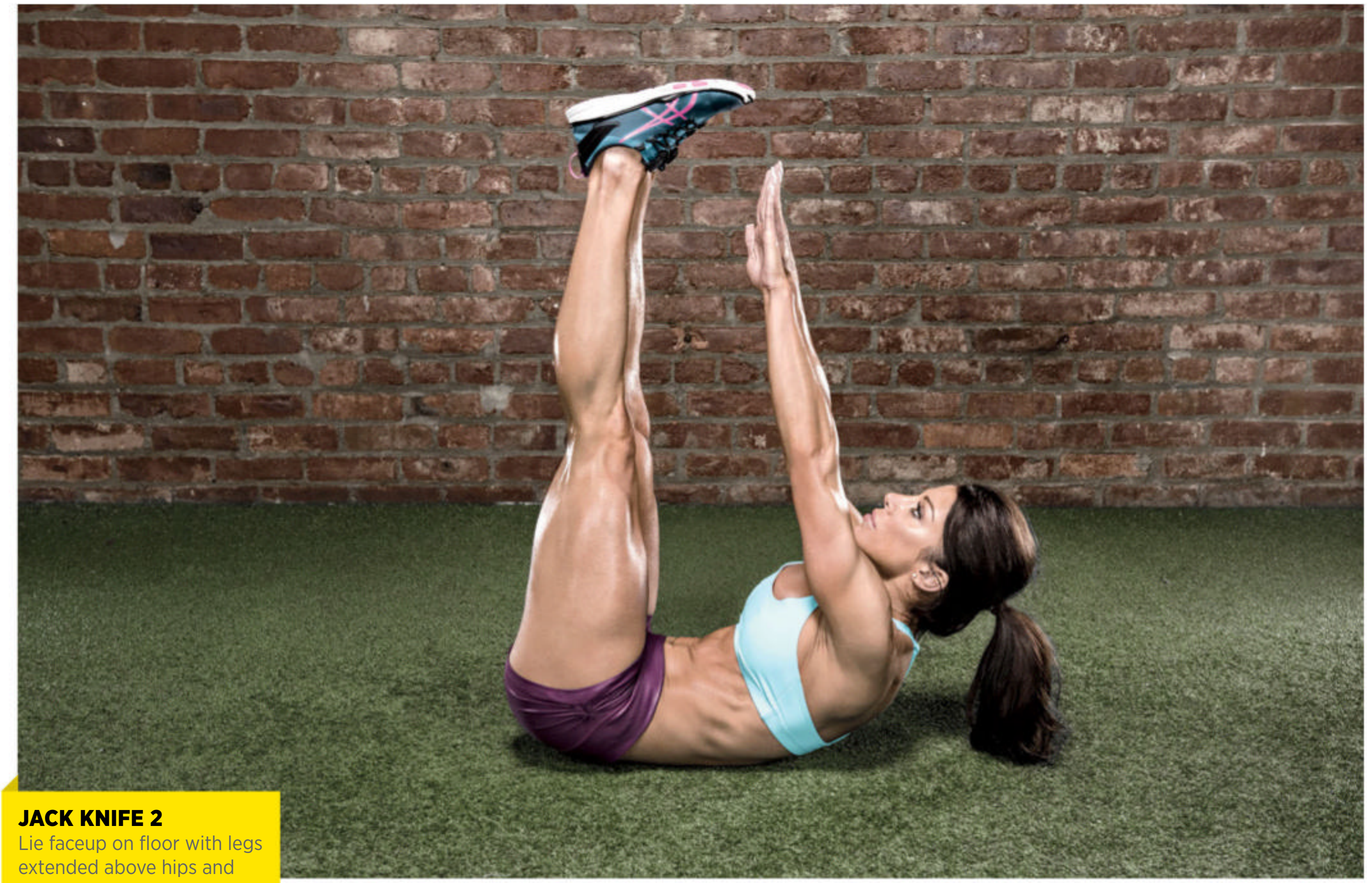
DAY 2

JACK KNIFE 2
(See image, opposite page)

SIDE PLANK DIP
From side plank, dip bottom hip toward floor, then return to elevated position. Repeat for 30 seconds; switch sides.



PLANK TAP



JACK KNIFE 2
Lie faceup on floor with legs extended above hips and arms extended above head. Reach hands toward feet as you lift legs above hips. Lower back to floor and repeat.

ROTATIONAL MOUNTAIN CLIMBER
(See image, at right)
Begin in a full pushup position, hands below shoulders and legs extended behind you. Bring right knee toward left shoulder, keeping upper body as still as possible, then quickly return to start and repeat, this time bringing left knee toward right shoulder. Repeat for 45 to 60 seconds.

DAY 3

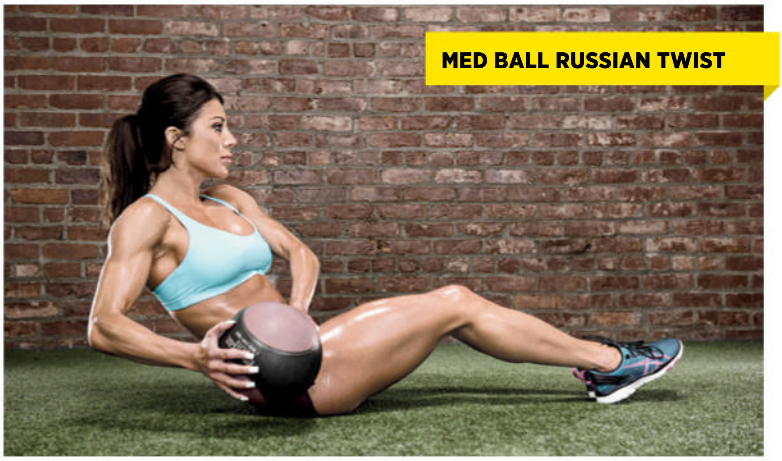
YOGA BOAT FLUTTER KICK
See Week 2, but this time flutter-kick legs up and down as you hold position for 30 to 60 seconds.

OFF-THE-BENCH CRUNCH
Lie on a flat bench with hips at edge of bench, legs extended off floor, and hands behind head. Lift head and shoulders off bench as you bring knees toward chest; lower and repeat for one minute.

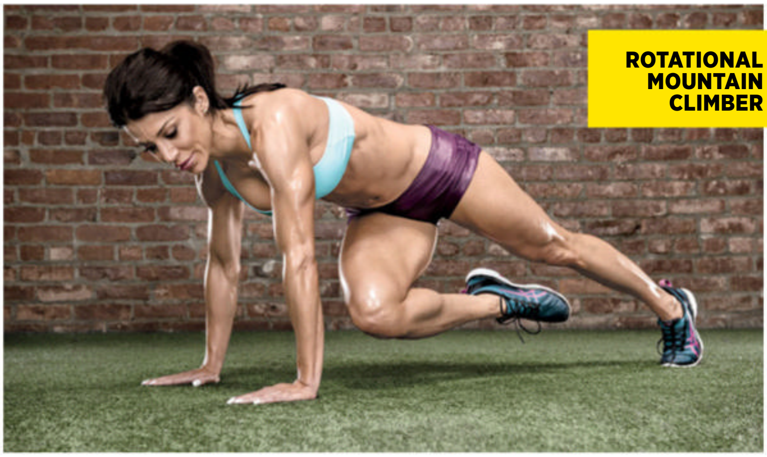
MED BALL OBLIQUE TOSS Kneel on floor a couple of feet from a wall, left knee bent 90 degrees in front of you and right knee on floor. Hold medicine ball with both hands in front of hips **(A).** Rotate torso and bring ball to the right, then rotate back to the left, explosively throwing the ball as hard as you can against the wall **(B).** Let the ball drop to the floor, then pick it up and repeat.

DAY 4

Pick your three favorite moves.



MED BALL RUSSIAN TWIST



ROTATIONAL MOUNTAIN CLIMBER

HAIR & MAKEUP BY CHRISTIE CAIOLA; SPORTS BRA AND BOTTOMS BY ONZIE; SNEAKERS BY ASICS

WEEK 4

DAY 1

FULL BODY TAP WITH MED BALL
(See image, opposite page)
See Week 3, but this time hold a medicine ball above head. Tap ball between feet as you rise up.

PLANK JACK
(See image, below)

MED BALL RUSSIAN TWIST
See Week 3, but this time lifting feet throughout.

DAY 2

JACK KNIFE 3
See Week 2, legs straight, but this time holding a medicine ball.

STAR SIDE PLANK
(See image, opposite page)

ROTATIONAL MOUNTAIN CLIMBER
See Week 3.

DAY 3

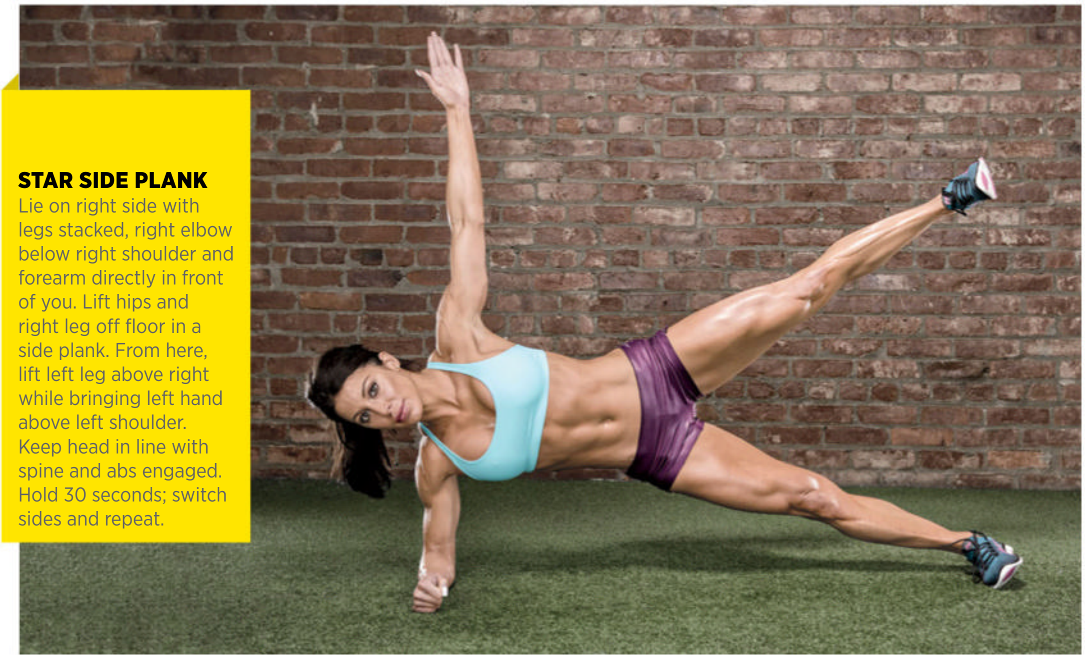
YOGA BOAT FLUTTER KICK
See Week 3.

OFF-THE-BENCH CRUNCH
See Week 3.

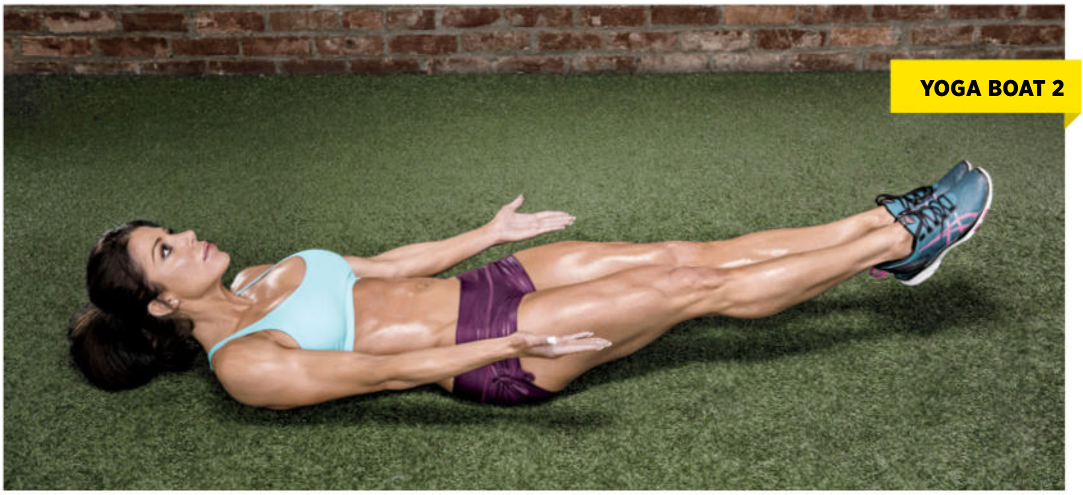
MED BALL OBLIQUE TOSS
See Week 3.

DAY 4

Pick your three favorite moves.



STAR SIDE PLANK
Lie on right side with legs stacked, right elbow below right shoulder and forearm directly in front of you. Lift hips and right leg off floor in a side plank. From here, lift left leg above right while bringing left hand above left shoulder. Keep head in line with spine and abs engaged. Hold 30 seconds; switch sides and repeat.



YOGA BOAT 2

EAT FOR BETTER ABS

Make your hard work in the gym pay off with these belly-friendly foods recommended by Kelly Boyer, CEO of Paleta healthy meal delivery service

AVOCADO: Loaded with healthy monounsaturated fat plus vitamins, minerals, and phytonutrients. Spread over toast, toss in a salad, or enjoy with a drizzle of olive oil, lemon juice, salt, and pepper. **How much:** ½ per day.

BERRIES: High in fiber, which hustles the food you eat through your system, plus antioxidants to help boost workout results. **How much:** ½ cup per day.

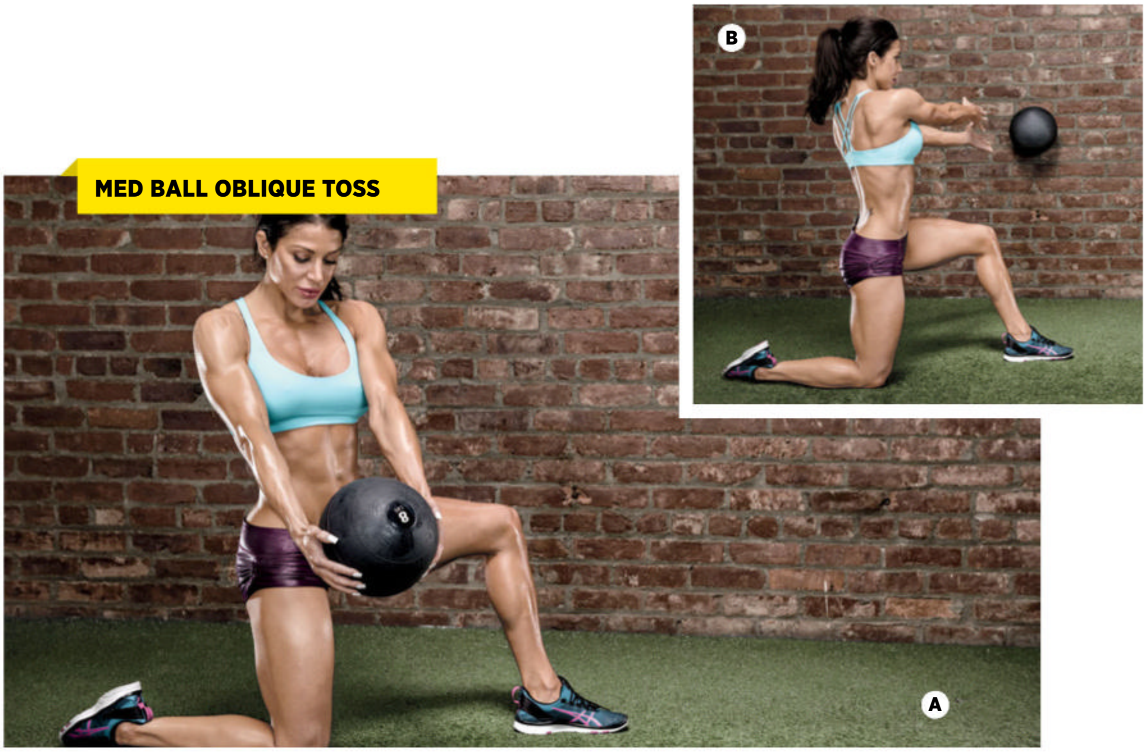
EGGS: A great protein source with a balance of amino acids. Don't fear the yolk, Boyer says. "It's where more of the nutrients are found, plus the vitamin D there can help control appetite." **How much:** One to two every other day.

APPLES: A large apple has about 5 grams of fiber and is composed of nearly 85% water, both of which help you feel satiated, says Boyer. **How much:** One a day.

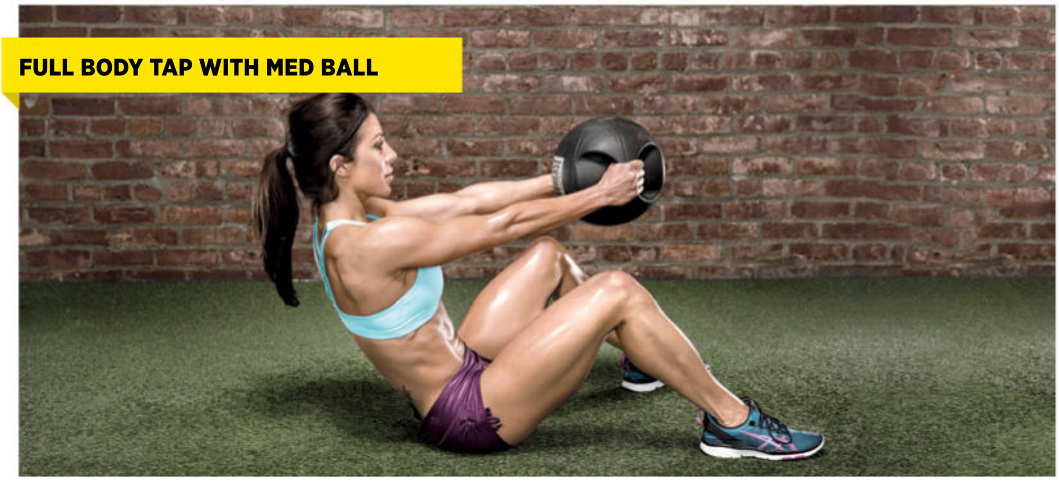
NUTS: Almonds and other nut varieties are packed with protein and healthy fats; raw ones offer up more enzymes, says Boyer. **How much:** About two dozen a day (150 calories).

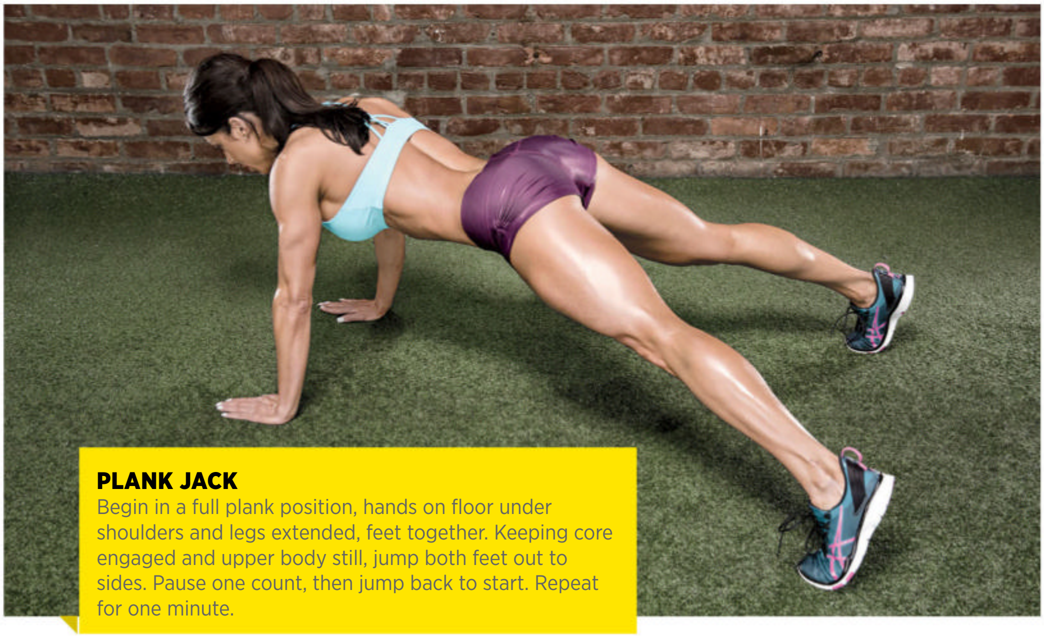
LEAFY GREENS: Rich in calcium, essential for muscle contraction, plus you can fill your belly with almost endless amounts. **How much:** At least 3 cups raw greens a day.

MED BALL OBLIQUE TOSS



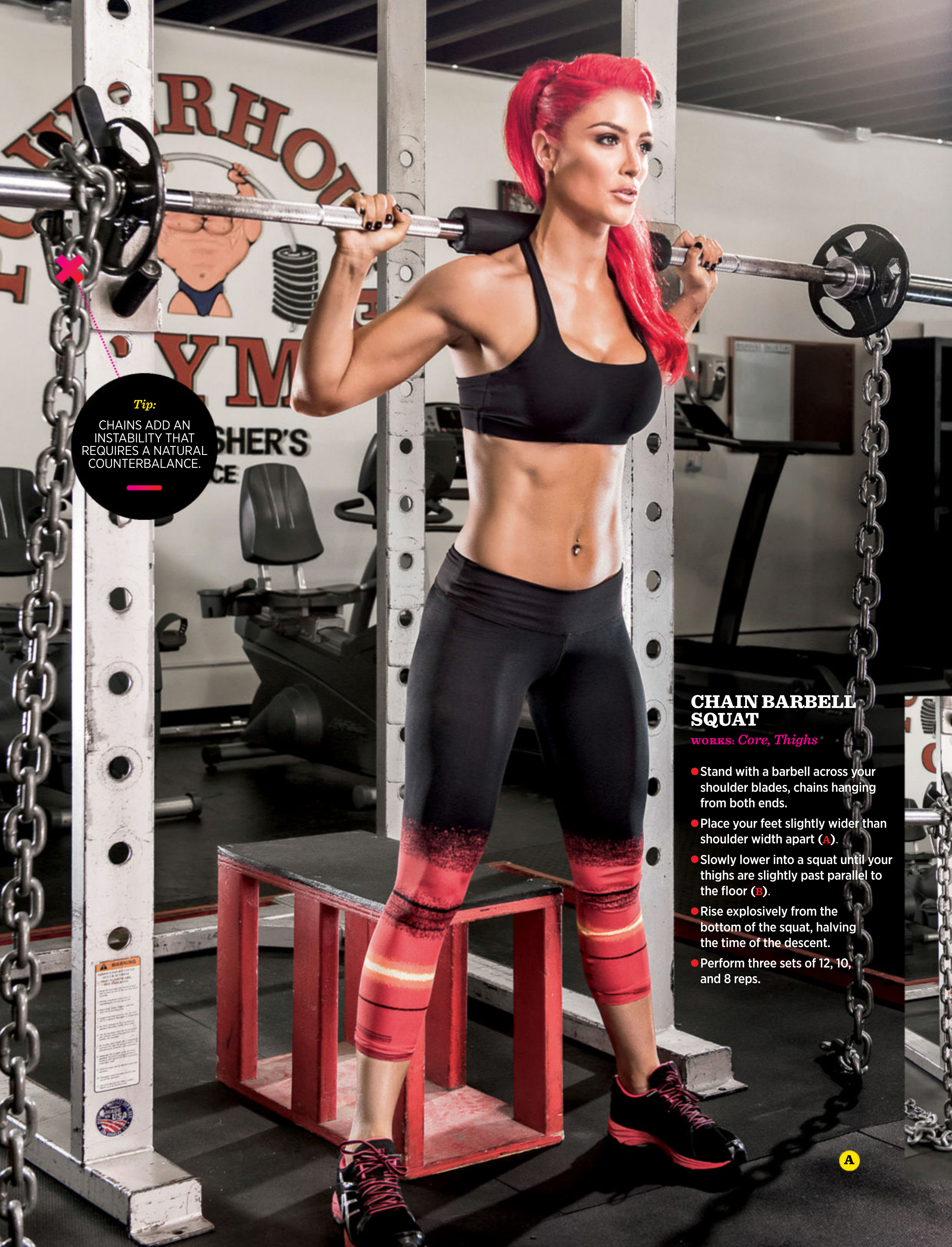
FULL BODY TAP WITH MED BALL





PLANK JACK

Begin in a full plank position, hands on floor under shoulders and legs extended, feet together. Keeping core engaged and upper body still, jump both feet out to sides. Pause one count, then jump back to start. Repeat for one minute.



Tip:

CHAINS ADD AN INSTABILITY THAT REQUIRES A NATURAL COUNTERBALANCE.

CHAIN BARBELL SQUAT

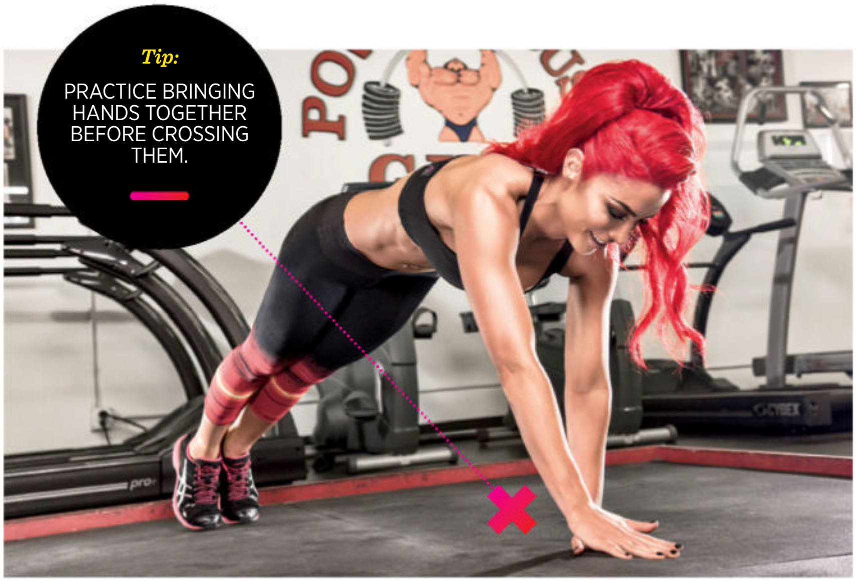
WORKS: *Core, Thighs*

- Stand with a barbell across your shoulder blades, chains hanging from both ends.
- Place your feet slightly wider than shoulder width apart (**A**).
- Slowly lower into a squat until your thighs are slightly past parallel to the floor (**B**).
- Rise explosively from the bottom of the squat, halving the time of the descent.
- Perform three sets of 12, 10, and 8 reps.

Body Slam Your Fat Zones

Take on the New Year with power and grace—and take down stubborn flab for good! This total-body blast, as demoed by **Eva Marie, WWE Diva and star of E!'s *Total Divas,*** turns up your fat-fighting furnace all year long. A mix of chains, k-bells, and complex body-weight exercises helps you reach your slim-down goals faster than ever.

BY CAT PERRY /// **WORKOUT BY GINO CACCAVALE**

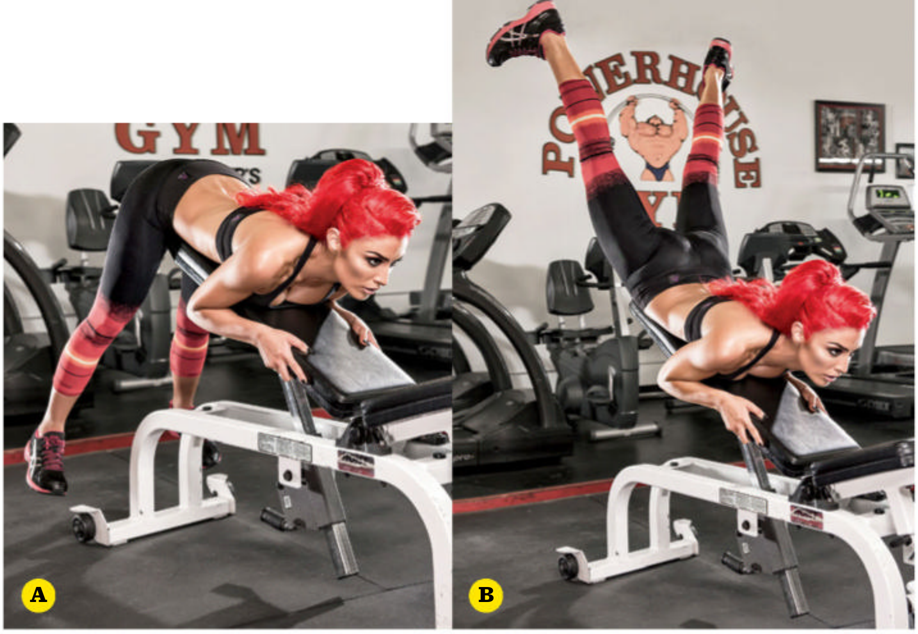


Tip:
PRACTICE BRINGING HANDS TOGETHER BEFORE CROSSING THEM.

X JUMP PUSHUP

WORKS: *Shoulders, Chest, Core*

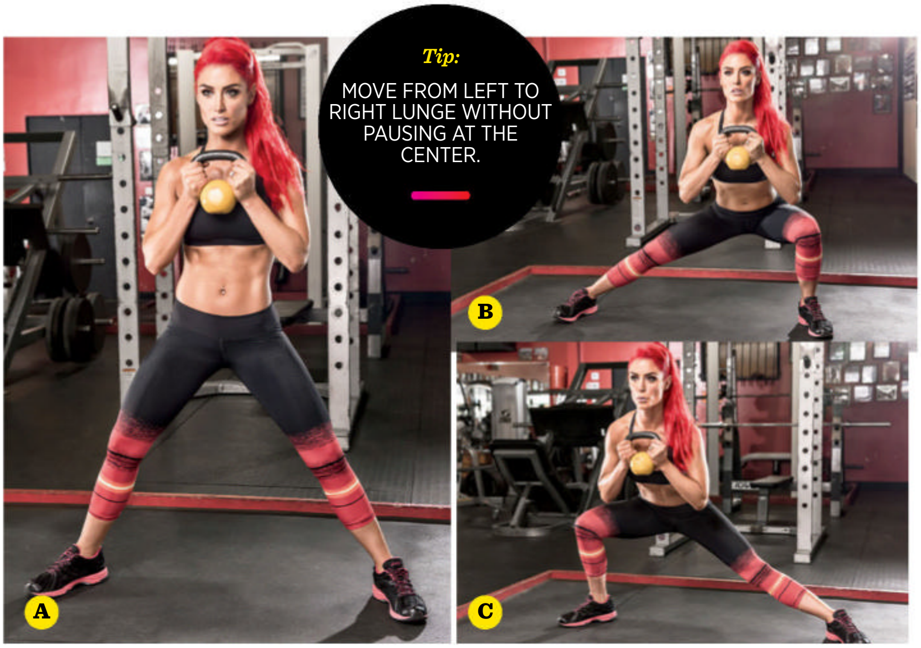
- Get in pushup position, but place your feet about 30 inches apart.
- Perform a pushup, then jump your legs together while staggering your hands, one palm in front of the other. Land with elbows slightly bent, not locked.
- Jump your legs and arms back apart. Do another pushup, then repeat, driving your arms and legs inward and landing with your hands staggered.
- Perform two sets of 20 reps.



INCLINE BENCH GLUTE RAISE

WORKS: *Glutes, Hamstrings*

- Lie facedown over the top of an incline bench, making sure your waist is in line with the top of the bench.
- Grasp the sides of the bench and elevate your legs off the floor into a V shape **(A)**.
- Lift your legs to just past parallel to top of bench, flexing your glutes hard at the top **(B)**.
- Perform two sets of 30 reps.



Tip:

MOVE FROM LEFT TO RIGHT LUNGE WITHOUT PAUSING AT THE CENTER.

STATIC KETTLEBELL SIDE LUNGE

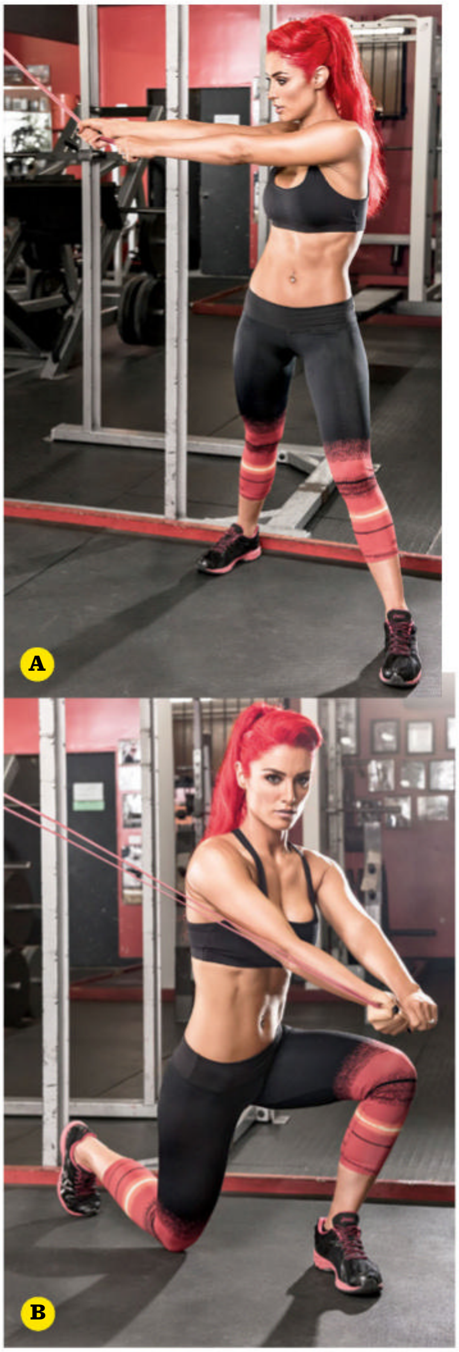
WORKS: *Core, Glutes, Thighs*

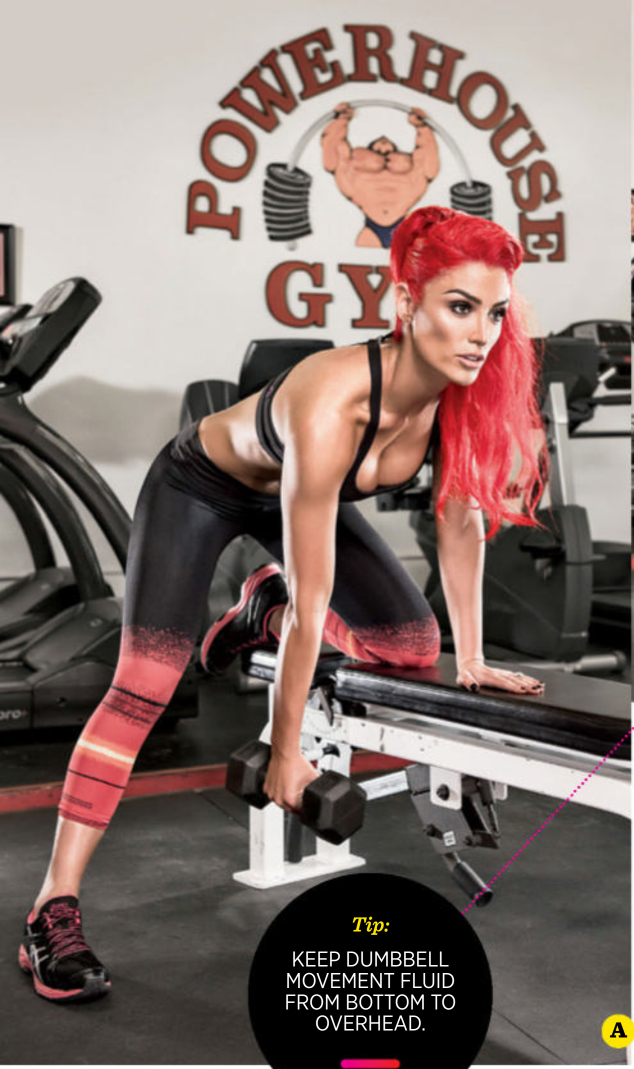
- Begin in an extra-wide stance (sumo squat style) with your feet turned out 45 degrees and your knees soft.
- Hold a single kettlebell with both hands, elbows close to sides, with the bell just under your chin **(A)**.
- Drop your weight laterally to the left, keeping torso close to upright, until your left elbow is above your left thigh and your right leg is extended. Don't lock right knee **(B)**.
- Press back up toward the start without stopping in center. Keeping your feet planted, drop into a lunge on your right side, bringing your right elbow over your right knee while extending your left leg **(C)**.
- Perform two sets of 20 nonstop reps.

HIGH-BAND CHOP

WORKS: *Shoulders, Core, Back, Thighs*

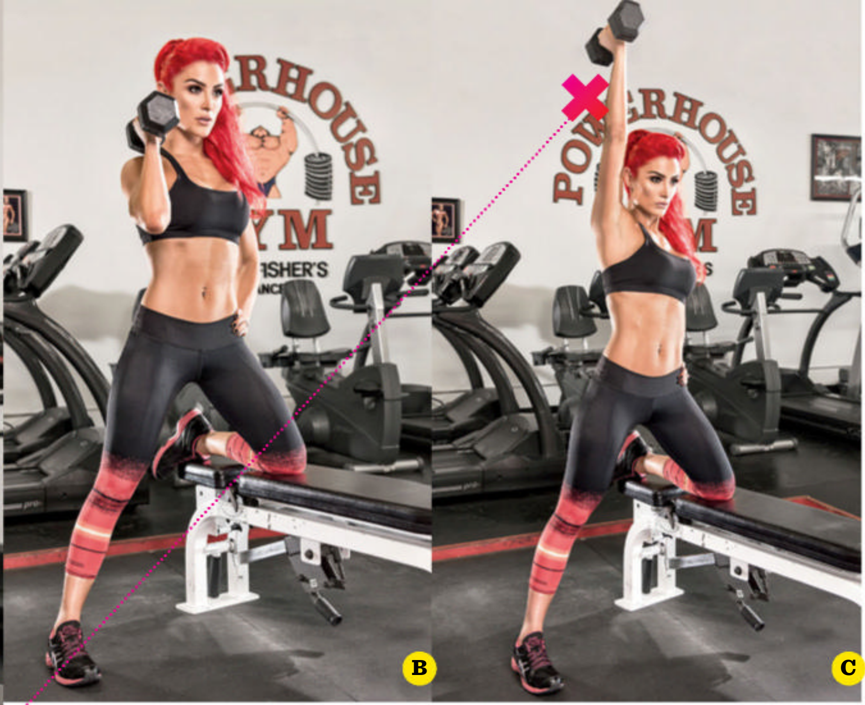
- Start by holding a resistance band or cable pulley at a high point over your right shoulder. Place feet wider than hip-distance apart, knees soft **(A)**.
- Keeping your arms extended, twist your torso and rotate on the ball of your right foot, lowering your right knee to the floor. Finish chop with your wrists over your left knee. **(B)**
- Slowly return the band or pulley to start as you straighten your legs back to a soft stance.
- Perform two sets of 12 reps each side.





Tip:

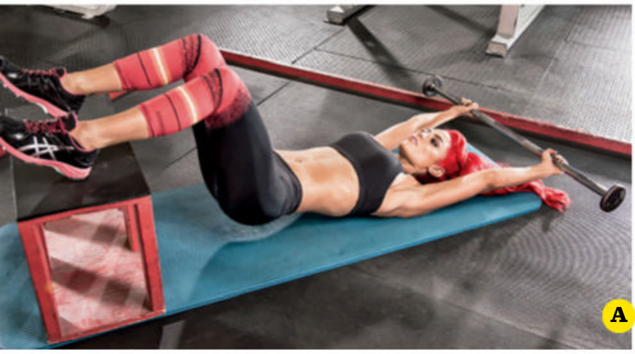
KEEP DUMBBELL MOVEMENT FLUID FROM BOTTOM TO OVERHEAD.

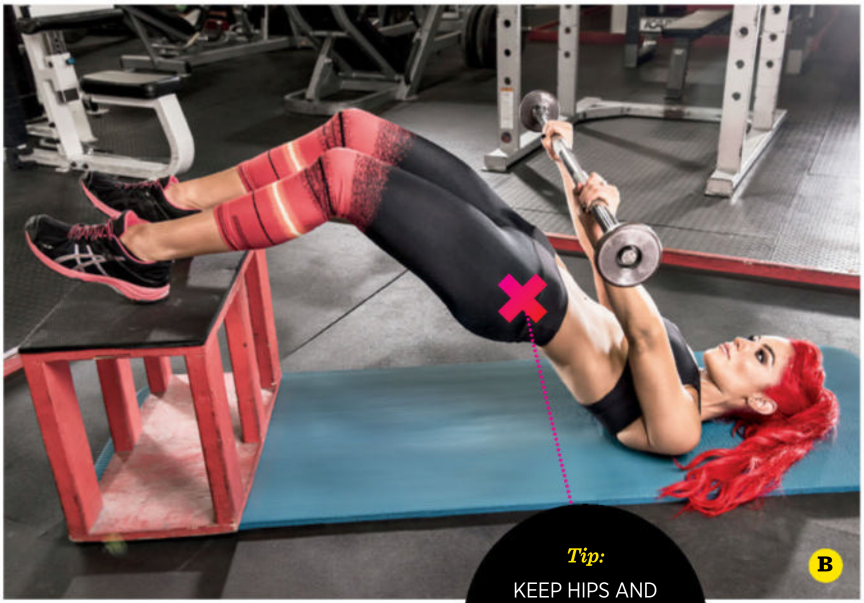


SINGLE-ARM ROW TO CLEAN AND PRESS

WORKS: *Shoulders, Core, Back*

- Place your left knee and hand on a bench and your right foot on the floor in line with your knee, about 30 inches to the side of the bench. Hold a dumbbell in your right hand with your arm fully extended **(A)**.
- Draw your right elbow toward your ribs, then quickly straighten your torso, bringing dumbbell to your right shoulder and left hand to left hip **(B)**.
- Press the dumbbell overhead, extending your arm upward **(C)**.
- Lower the dumbbell to your shoulder, then back to start position, placing your left hand on the bench.
- Perform two heavy sets of 12 and 10 reps.





Tip:

KEEP HIPS AND BARBELL ELEVATED AT THE BOTTOM OF THE MOVEMENT.

BRIDGE PULLOVER

WORKS: *Shoulders, Core, Glutes*

- Lie faceup on the floor and place your heels hip-width apart on a bench or step. Hold a barbell overhead with your arms extended.
- Using your glutes, lift your lower back 3–6 inches off the floor with your legs bent 90 degrees. This is the starting position **(A)**.
- Press pelvis upward until your thighs are in line with your hips. Simultaneously pull the barbell in front of you, stopping just before it touches your thighs **(B)**.
- Lower your hips and the barbell back to the start position.
- Perform two sets of 20 reps.

SPORTS BRA AND LEGGINGS BY AFFITNITY; SHOES BY ASICS

Don't get stuck in a rut: Progress your planks to keep challenging your core.

The Hardest Moves You've Never Tried

Power Planks

BY **CAT PERRY**

Experts once recommended a seemingly endless array of crunches to help sculpt six-pack abs. Today, we know that crunches and situps aren't likely to get you the ab-fab results you really want, and planks reign supreme as the ultimate tummy toner. But what makes the ground-gazing move so effective at sculpting your abs? The secret is in the mechanics.

The plank is a static, isometric exercise that requires the abdominals to stop movement while also supporting the spine. It's a far more functional exercise than crunches, plus planks are generally safer for the lower back. But most important, they work: A 2011 study in *Medicine & Science in Sports & Exercise* showed that elbow planks were more than twice as effective at core and spine activation than traditional crunches.

THE CHALLENGE: How can you keep raising the stakes to get flat abs for good? **"The plank is a good foundational movement, but you need to progress it if you want a reactive core that helps you move in ways that more closely relate to what happens in real life,"** says Josh Henkin, C.S.C.S., creator of Ultimate Sandbag Training. For example, when you pick up your kids, your abs have to react to this unpredictable movement. To keep the demands on your core constantly changing, Henkin has two killer plank variations that will get you sexy abs fast.

Lateral-Drag Plank

- **BEGIN** with the Ultimate Sandbag just outside your right hand. If you don't have a sandbag, a heavy dumbbell will also do.
- **GRAB** side of sandbag or dumbbell with your left hand.
- **KEEPING** your body in a straight line and without rotating your hips, slowly drag the sandbag toward the left side without lifting the weight (aim for a four to six count). Stop when it is completely past your left shoulder and no longer under your torso (shown).
- **PLACE** left hand on floor and drag sandbag with right hand back to start, keeping the same tempo and posture.
- **REPEAT,** alternating, for 30 seconds.

***Want an Ultimate Sandbag (USB)? To get this editor's pick training tool and for more USB downloadable programs to get toned all over, go to* ultimatesandbagtraining.com.**

Super Plank (Elbow to Full)

- **BEGIN** in elbow plank position with your elbows under your shoulders and palms facing each other, feet hip width.
- **PRESSING** through your toes and keeping tension in your trunk and hips, straighten right arm and plant right hand in top of pushup position.
- **STRAIGHTEN** your left arm, pressing up into pushup position.
- **HOLD** the plank at the top for one count, then slowly reverse the movement, lowering left forearm and then right, without rotating the hips.
- **SWITCH** the order to lift back up, planting left hand first, then right. Then lower your right elbow first. Continue alternating for 30 seconds.

***Have a super-tough move for your fellow* Hers *readers? Bring it! Send your Hardest Move to* AskTheEd@muscleandfitnesshers.com.**

MY FAVE WAY TO DO…

HIIT Routines

These high-intensity interval methods will amp up your cardio sessions and burn major calories

BY **SOMMER ROBERTSON-ABIAD**

IFBB FIGURE PRO

SUE LING YIP

HIIT SECRET

HILL SPRINTS

Why it's her fave: "Women carry more of their body fat in their legs and glutes. Hill sprints are a great way to burn more calories in less time while targeting stubborn lower-body areas. You'll achieve greater muscle separation for a tighter, more sculpted lower body."

Sue Ling's Workout

Find a hill that's about 10% to 15% incline (moderately steep). Warm up for a few minutes on a flat surface. Then do the following intervals: Sprint as you run uphill for about 800 metres for 20 to 30 seconds. Rest for 30 to 60 seconds, then lightly jog back downhill to actively recover. Start out with five to six all-out hill sprints per session. Aim to up the number of sprints you perform by one to two per session each week, until you can do eight to 10. Then find a steeper hill or increase the distance every couple of weeks.

INTENSITY	INCLINE (%)	DISTANCE
Warmup	0	800m
Sprint Uphill	10–15	400m
Jog Downhill	10–15	400m
Sprint Uphill	10–15	400m

REPEAT SPRINT SERIES 6–8 TIMES.

> "PUSH EXPLOSIVELY OFF THE BALLS OF YOUR FEET WITH EVERY STRIDE. YOUR HEELS SHOULD NOT STRIKE THE GROUND AS YOU SPRINT UP THE HILL."
>
> —*SUE LING YIP*

FHITTING ROOM INSTRUCTOR

JULIA AVERY

HIIT SECRET

KETTLEBELLS

Why it's her fave: "You can work multiple muscle groups at once with kettlebells through dynamic, ballistic movements such as the kettlebell swing, clean, or snatch. Plus, the off-centered weight forces you to use more of your stabilizer muscles, and they require a wider range of motion. When used in HIIT training, there is no better way to increase your heart rate while simultaneously building lean muscle mass."

Julia's Workout

Do five rounds of the following circuit (each round takes about four minutes):

- 15 calorie rows (row on the rowing machine until you've burned 15 calories)
- 20 kettlebell snatches (10 on each arm)
- 10 burpees

> "YOUR GOAL IS TO COMPLETE ALL OF THE EXERCISES AS FAST AS POSSIBLE SO THAT YOU HAVE TIME TO REST BEFORE THE NEXT ROUND BEGINS."
>
> —*JULIA AVERY*

IFBB BIKINI PRO

MARISSA RIVERO-MCGRATH

HIIT SECRET

TREADMILL SPRINTS

Why it's her fave: "High-intensity sprints of 15 to 20 seconds push fat burning to the max by increasing your heart rate and burning through more calories in a shorter amount of time. And your body will continue to burn more calories long after you step off the treadmill."

Marissa's Workout*

INTENSITY	SPEED *(KPH)*	TIME *(SEC.)*
Walk	2.5	40
Sprint	16–19	20
Walk	2.5	40
Sprint	16–19	20
Walk	2.5	40
Sprint	16–19	20
Walk	2.5	40
Sprint	16–19	20
Walk	2.5	40
Sprint	16–19	20
Walk	2.5	40
Sprint	16–19	20
Walk	2.5	40
Sprint	16–19	20
Walk	2.5	40
Sprint	16–19	20

TOTAL TIME: 8 MINUTES

**Does not include warmup or cooldown.*

> "WARM UP FIRST FOR FIVE TO 10 MINUTES WITH SOME BRISK WALKING OR LIGHT JOGGING TO GET YOUR MUSCLES READY FOR THE INTERVALS AND TO REDUCE YOUR RISK OF INJURY."
>
> —*MARISSA RIVERO-McGRATH*

JASON BREEZE: SEAN GOMES; ISAAC HINDS

“START WITH A DREAM. BUILD A FOUNDATION. STRIVE FOR PROGRESSION.”

—@LADY__HAMMER

“DISCIPLINE IS CHOOSING BETWEEN WHAT YOU WANT NOW AND WHAT YOU WANT MOST.”

—AUGUSTA KANTRA, M.S., L.P.C.
VIA @MKZINGG

“SOME PEOPLE SAY, ‘WORK SMART, NOT HARD’—WE HAVE TO DO BOTH.”

HERS
BEST
BODY

The Ultimate Guide to

EATING CLEAN

Get your diet on the right track by getting rid of the junk. This healthy-eating handbook makes it easy to get started. Follow this plan and share your results. *#HersBestBody2020*

BY **LINDA STEPHENS, M.S.**

CLEANING UP YOUR DIET HAS NEVER BEEN more popular. Whether it's in the gym, at the grocery store, or dining out, "eating clean" is the talk of trainers, nutritionists, chefs, friends, and family. But what does all this chatter really mean?

For most people, eating clean isn't a diet you follow for a few weeks to drop a few kilos. It's a lifestyle—one that involves choosing foods that are minimally processed and contain little or no artificial sweeteners, food coloring, or other additives. Think corn on the cob, not cornflakes; grass-fed beef burgers, not Big Macs. It's how your great-grandparents might have eaten in the days before fast food, GMOs, and Red No. 2.

Advocates extol the numerous benefits of cleaning up your act, from increased energy to shinier hair. Some women say long-standing skin issues suddenly clear up and they sleep better, get sick less often, and feel more productive. And of course there's the fat loss that comes from sweeping empty calories out of your diet. Research has also shown that this eating style can help with everything from improving blood sugar profiles to reducing cholesterol levels.

It's not hard to eat clean—in fact, with so many people embracing this nutrition philosophy, there are more options than ever to put your diet on the right track. Get started by following these six simple rules. Then check out our two-week clean-eating menu guide (p. 46) for some easy and tasty meal ideas to keep you satisfied all day long. You'll never want to go back to your old way of eating!

6 EASY CLEAN-EATING RULES

1 FORAGE MORE

Forget the old three squares and mindless snacking—in most clean diets you'll eat five or six healthy, well-planned meals each day. This keeps your metabolism consistently fueled throughout the day by preventing your blood sugar from dipping, so you avoid that 3 p.m. energy lag, when you're most likely to turn to caffeine and sugary snacks for a boost. With a clean-eating diet, each meal or snack contains a balance of quality protein, complex carbs, and healthy fat to keep you satisfied. A nutritious breakfast of an egg-white omelet and whole-grain toast might be followed with a late-morning snack of a Greek yogurt and some fruit and nuts.

2 DRINK UP

Plan to drink a minimum of about 2 liters or eight 250ml glasses of fluid each day. Water is key to helping your system function at its best, from glowing skin to healthy digestion. Think of it this way: You can survive for weeks without food but only a few days without water.

To help you get in all this liquid, aim to consume about one liter before lunch and another before dinner. Keep a water bottle at your desk, on your kitchen counter, or in your car. Try giving it a little flavor by adding fresh lemon, cucumber, or orange slices. You'll benefit in so many ways from drinking water throughout the day.

3 PLAN FOR SUCCESS

It's easy to talk about eating clean with a full fridge, but if you're away from home and starving, there's nothing simpler than hitting the vending machine or grabbing something at the convenience store. Plan out what you are going to eat at every meal, and prep your foods ahead of time. Pick a day of the week when you have time to prepare most, if not all, of your meals for the upcoming week. Cook your proteins, steam your vegetables, make a large salad without dressing, etc. Each night, pack your meals for the next day. If you work or spend time outside the home, stow your food in an insulated bag with an ice pack so you can eat healthy any time.

4 BE A LABEL DETECTIVE

Most clean foods are in their natural state, with few or no additives. When at the store, make a habit of reading ingredient labels. Beware of diet bombs like high-fructose corn syrup (HFCS), which can show up in unexpected places like crackers, cereals, and yogurt. While trans fats are gradually being phased out of the food supply, ingredients that list hydrogenated oils can still contain these unhealthy fats. Also on the no-go list: artificial sweeteners, colors, dyes, and other additives. If you can't pronounce it, there's a good chance it's something you should avoid. Although research is divided about the benefits and risks of foods made with genetically modified organisms (GMOs), which have been altered in a laboratory to be given added nutritional value or made resistant to insects or weeds, most clean diets avoid using GMO ingredients.

Although some clean-eating advocates insist on buying primarily organic fare, that's not in everyone's budget. But when possible, reach for organic versions of fruits and vegetables like apples, berries, bell peppers, spinach, tomatoes, and cucumbers, which otherwise typically have the highest levels of pesticides. Free-range chicken and eggs and organic milk are also worth extra cash, since they don't contain added hormones or antibiotics.

5 DON'T BE A DINING DOWNER

Just because you've decided to make a change in your eating habits doesn't mean your friends and family will follow suit. So don't turn into that person who makes everyone else feel bad when you're going out to eat. Almost every dining establishment will have healthy options, and if not you can ask for some simple changes to keep you on track.

Choose salads topped with grilled chicken or lean protein. Ask for dressings or sauces on the side, and use your fork to dip into the dressing before you take a bite so you still get the flavor without the calories and fat. Or choose a lean protein, grilled, with steamed vegetables and a complex carbohydrate like sweet or regular baked potato, brown rice, quinoa, or whole-grain pasta.

6 REMEMBER, IT'S OK TO GO OFF YOUR PLAN ON OCCASION

One of the benefits of eating clean on a regular basis is being able to indulge in a food that's not so "clean" once in a while. If the vast majority of your diet adheres to the rules above, give yourself permission to have your favorite cheat meal without guilt. In all likelihood, you'll feel satisfied but ready to return to your clean-eating regimen.

5 Food Traps

They may sound perfect for your eating plan, but these healthy-sounding options are really junk food in disguise

THE TRAP:

PREMADE SMOOTHIES

Some of the smoothies that you'll find in the refrigerated aisle or at fast-food restaurants may say they're "all natural" and contain real fruit, but they're often loaded with extra sugar (some with more than 100 grams of the sweet stuff!).

CLEAN IT UP: Make your own smoothie with fresh fruit, plain fat-free yogurt or a vanilla protein powder, and ice.

THE TRAP:

ENERGY OR BREAKFAST BARS

They seem like a healthy way to start your day, but bars are often created with processed ingredients like high-fructose corn syrup, maltodextrin (a filler), sugar, partially hydrogenated oils, and more.

CLEAN IT UP: Look for bars where whey protein, nuts, seeds, and oats are the primary ingredients.

THE TRAP:

SPORTS DRINKS

Packed with sugar, artificial colors, dyes, and other additives, these so-called performance drinks may be marketed to help you power through your workouts but can ultimately hamper your results.

CLEAN IT UP: Add branched-chain amino acid powder to water—it'll help aid recovery after a workout and stave off hunger in between meals.

THE TRAP:

FLAVORED YOGURT

Often laden with sugar (up to 24 grams in a 175ml serving) and processed ingredients, it's not quite the health-food fare it seems to be.

CLEAN IT UP: Choose fat-free plain yogurt and add your own fresh fruit to sweeten it while providing added nutrients.

THE TRAP:

DIET SODA OR OTHER SUGAR-FREE BEVERAGES

Yes, they're zero-calorie, but according to several studies, the artificial ingredients can compromise your diet efforts by actually leading you to overeat.

CLEAN IT UP: Drink water (plain or carbonated) with slices of fresh fruit for natural flavor.

Red Bull
ENERGY DRINK

Don't get tricked: Some energy drinks are filled with artificial additives.

14-Day EAT CLEAN PLAN

Jump-start your better-diet program with this sample two-week menu guide

PREVIOUS SPREAD: GORMAN STUDIO; SAM KAPLAN. THIS PAGE: GREMLIN/GETTY IMAGES; RUARIDH STEWART/CORBIS; DIAK UIS/STOCKFOOD

DAY 1

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
½ cup old-fashioned quick oats prepared with water; 1 whole egg scrambled with ¾ cup egg whites; ½ cup berries	1 medium apple and 1 tbsp natural nut butter (such as peanut or almond)	120g grilled chicken breast and 2 tbsp sliced avocado over a medium salad with 2 tbsp balsamic vinegar; 1 slice of toasted sprouted-grain bread (like Ezekiel)	½ cup 1% low-sodium cottage cheese; 10 almonds	120g 99% fat-free ground chicken burger served with 2–3 cups steamed broccoli or other green vegetable and 1 small sweet potato; drizzle with 2 tsp coconut oil	1 scoop vanilla whey/casein powder blended with ice plus 1 tbsp powdered peanut butter (add instant decaf coffee and/or cinnamon if desired)	1,540 CALORIES 150G PROTEIN 125G CARBS 42G FAT

DAY 2

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
2 whole-grain waffles; 4–5 scrambled egg whites; 1 tbsp natural crunchy almond butter; ½ cup sliced strawberries or similar fruit	240g nonfat Greek yogurt plus ½ cup of sliced melon	Low-carb wrap made with 90g sliced turkey or chicken breast, 1 tbsp Dijon mustard, lettuce, tomato, and 2 tbsp avocado	1 scoop vanilla whey protein powder blended with ½ cup berries and 1 cup almond milk	Large salad made with 120g grilled flank steak and seasoned with balsamic vinegar, tossed with 1 tbsp grated parmesan cheese and 1 cup whole-grain pasta	1 medium apple; 10 almonds; 1 cup herbal tea	1,623 CALORIES 132G PROTEIN 178G CARBS 40G FAT

DAY 3

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
2 slices whole-grain bread; ½ cup 1% low-sodium cottage cheese; ½ small avocado; ½ cup cantaloupe	⅓ cup old-fashioned quick oats mixed with 1 scoop vanilla whey protein; combined with hot water, then topped with 1 tbsp almond butter	120g tuna in water, mixed with 1 tbsp Dijon mustard over romaine lettuce with 4 grape tomatoes, ½ bell pepper, ⅛ cup walnuts, ¼ cup dried cranberries; 1 slice sprouted bread (like Ezekiel)	Whole-grain flourless cinnamon raisin English muffin (such as Ezekiel) topped with 2 tbsp low-fat cream cheese and ½ cup berries	120g grilled salmon; kale sautéed with garlic, sea salt, and olive oil; ½ cup brown rice	Salad with a rainbow of vegetables made with 5 hard-boiled egg whites, 2 tbsp avocado, sliced celery, and salt-free seasoning; cup of herbal tea	1,889 CALORIES 149G PROTEIN 190G CARBS 52G FAT

DAY 4

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
250g plain nonfat Greek yogurt with ½ cup sliced fresh fruit and ⅛ cup chopped walnuts	250g plain nonfat Greek yogurt with ½ cup of sliced melon	Protein shake made with 1 scoop chocolate whey protein mixed with 1 cup almond milk	1 small apple; ¼ cup unsalted mixed nuts	120g cooked chicken breast with ½ cup black beans, ½ cup brown rice, and 1 cup bell pepper, plus 2 cups romaine lettuce	1 small apple with 1 tbsp natural almond or peanut butter	1,532 CALORIES 107G PROTEIN 145G CARBS 50G FAT

DAY 5

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
Omelet made with 1 whole egg, 4 egg whites, chopped bell pepper, tomatoes, spinach, and onion plus ¼ cup low-fat cheese and salt-free seasoning; 1 slice whole-grain toast	½ flour-free English muffin (such as Ezekiel) topped with ½ cup 1% low-sodium cottage cheese and ½ cup fresh pineapple	120g 99% fat-free ground turkey crumbled over salad greens plus ½ small sliced avocado and 2 slices of organic lean turkey bacon; served with ¼ cup low-sodium salsa and 15 baked tortilla chips	Protein shake made with 1 scoop whey protein powder mixed with water, 1 tbsp almond butter, and ½ banana; blend with ice	150g baked or grilled white fish (cod, haddock, bass) over ½ cup long-grain rice, served with Brussels sprouts sautéed with coconut oil, sea salt, and garlic	90g grilled chicken with 2 tbsp avocado and sliced cucumber	1,905 CALORIES 174G PROTEIN 128G CARBS 60G FAT

DAY 6

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
½ cup old-fashioned quick oats and 1 scoop vanilla whey protein, mixed with hot water and topped with ⅛ cup crushed walnuts or almonds, and ½ cup berries	6 oz plain nonfat Greek yogurt, ½ cup fresh raspberries flavored with cinnamon, and ¼ cup toasted almond slivers	4 oz bison burger in a small whole-wheat pita, served with lettuce, tomato, and mustard; 15 baked potato chips	Low-carb protein bar (about 200–250 calories)	3 oz cooked lean grass-fed beef with ½ cup brown rice over a bed of romaine lettuce with ¼ cup low-fat cheese, flavored with garlic, onion, and ¼ cup spicy salsa	Smoothie made with whey or casein protein powder blended with 1 tbsp powdered peanut butter, cinnamon, and ice	1,621 CALORIES 161G PROTEIN 152G CARBS 50G FAT

DAY 7

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
1 cup whole-grain cereal, 1 cup unsweetened almond milk or 1% milk; ½ cup blueberries	½ grapefruit with 10 toasted almonds	1 whole egg plus ¾ cup egg whites, scrambled with low-fat cheese, spinach, and tomato, wrapped in medium-size low-carb tortilla; ¼ cup salsa if desired	15 brown-rice crackers with sliced bell pepper and ¼ cup white-bean hummus	4 oz grilled chicken with grilled zucchini, eggplant, onions, garlic, and tomatoes; served over 1 cup whole-wheat pasta with black or red pepper and 1–2 tbsp grated cheese for flavor	1 small sliced apple with 1 tbsp soy nut butter	1,974 CALORIES 127G PROTEIN 198G CARBS 62G FAT

DAY 8

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
Omelet made with 1 whole egg plus 4 egg whites, bell pepper, tomato, spinach, onion, ¼ cup low-fat cheese, and salt-free seasoning; 1 piece whole-grain toast	1 medium apple with 1 tbsp natural peanut or almond butter	120g 99% fat-free ground chicken crumbled over salad greens plus ½ small sliced avocado and 2 slices of organic lean turkey bacon, served with ¼ cup low-sodium salsa and 15 baked tortilla chips	½ cup 1% low-sodium cottage cheese; 10 almonds	120g chicken breast and 1 cup whole-wheat linguine, topped with ½ cup marinara sauce and 1 tbsp grated cheese to taste; side salad with 2 tbsp of low-fat dressing or balsamic vinegar	Smoothie made with whey/casein protein powder, blended ice, and 1 tbsp powdered peanut butter; add instant decaf coffee or cinnamon for flavor if you wish	1,672 CALORIES 150G PROTEIN 148G CARBS 48.5G FAT

DAY 9

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
Breakfast sandwich made with 1 fried egg cooked with nonstick spray and 1 slice organic, nitrate-free ham on whole-grain flourless English muffin; ½ cup fruit salad	1 scoop of chocolate whey protein powder mixed with almond milk	120g cooked chicken or turkey breast with lettuce, tomato, 2 tbsp avocado, and 1 tbsp Dijon mustard on low-carb wrap	1 small apple; ¼ cup unsalted mixed nuts	160g shrimp stir-fried in 1 tbsp olive oil with 2 cups mixed bell pepper and mushrooms, served over ¾ cup brown rice	1 medium pear with ½ cup of 1% low-sodium cottage cheese; cup of decaffeinated green or herbal tea	1,785 CALORIES 125G PROTEIN 142G CARBS 60G FATS

DAY 10

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
½ cup old-fashioned quick oats cooked with water; 6 oz nonfat plain Greek yogurt with ½ cup blueberries, and cinnamon (to taste)	1 medium apple with 30g low-fat cheddar cheese	Salad made with 120g tuna in water and 1 tbsp Dijon mustard over romaine lettuce, with 4 grape tomatoes, bell pepper, ⅛ cup walnuts, ¼ cup dried cranberries; 1 slice sprouted wheat-free bread	Flour-free cinnamon raisin English muffin (such as Ezekiel) with 2 tbsp low-fat cream cheese; ½ cup berries	160g lean roast pork with ½ cup unsweetened apple sauce, 8 asparagus spears, 120g sweet potato or yam	Salad made with 5 hard-boiled egg whites, 2 tbsp avocado, sliced celery, and salt-free seasoning; cup of herbal tea	1,667 CALORIES 124G PROTEIN 203G CARBS 44G FAT

DAY 11

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
Smoothie made with vanilla whey protein, banana, and strawberries, blended with 240g almond or soy milk and ice	180g plain nonfat Greek yogurt with ½ cup fruit and ⅛ cup chopped walnuts	Smoked turkey breast on two slices whole-grain bread with low-fat mayo or Dijon mustard, lettuce, ¼ cup low-fat cheese; 15 baked tortilla chips	Smoothie made with 1 scoop vanilla whey protein powder, ½ cup berries, and almond milk	120g grilled chicken breast, ¼ cup mango, ⅓ cup red beans, red bell pepper; topped with ⅓ cup plain nonfat Greek yogurt, cilantro, lime juice	1 small apple with 1 tbsp natural almond or peanut butter	1,675 CALORIES 140G PROTEIN 174G CARBS 50G FAT

DAY 12

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
2 whole-grain waffles with 2 tbsp maple syrup and ½ cup fruit; 4 egg whites, scrambled	2 slices cinnamon raisin flourless bread (such as Ezekiel), 1 tbsp almond butter, 1 tbsp natural strawberry jam	120g chicken breast over salad tossed with balsamic vinegar, 2 tbsp avocado; 1 slice of sprouted flourless bread	1 scoop of whey protein mixed with water plus 1 tbsp almond butter and ½ banana; blended with ice	120g grilled salmon; 2 cups steamed broccoli, 5 oz red potatoes	90g grilled chicken breast with 2 tbsp avocado and sliced cucumber	1,881 CALORIES 152G PROTEIN 170G CARBS 51G FAT

DAY 13

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
1 whole egg scrambled with ¾ cup liquid egg whites plus ¼ cup low-fat cheese, spinach and tomato wrapped in medium low-carb tortilla; ¼ cup salsa if desired	1 cup whole-grain cereal with 1 cup of unsweetened almond, soy, or 1% milk plus ½ cup strawberries	120g lean chicken burger served in a small whole-grain pita with lettuce, tomato, and mustard; 15 baked potato chips	180g nonfat plain Greek yogurt with fresh raspberries, cinnamon, and ¼ cup toasted almond slivers	150g grass-fed grilled flank steak served with baby spinach sautéed with 1 tbsp olive oil, sea salt, and pepper to taste; 120g baked sweet potato	Whey or casein protein shake blended with 1 tbsp powdered peanut butter, cinnamon and ice	1,805 CALORIES 144G PROTEIN 177G CARBS 55.5G FAT

DAY 14

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	DAILY TOTAL
1 cup whole-grain cereal with 1 cup 1% milk, soy milk, or almond milk plus ½ cup berries	1 orange with 10 toasted almonds; ½ cup plain nonfat yogurt	120g grilled salmon over large salad (cucumber, cherry tomatoes, bell pepper, celery, and sweet onion) with 1 tbsp cheese, 1–2 tbsp balsamic vinegar plus 2 brown rice cakes	12 brown rice crackers topped with sliced bell peppers, 2 tbsp white bean hummus, ½ cup 1% low-sodium cottage cheese	¼ cup low-fat cheese and 90g turkey or chicken cut up and mixed with diced tomatoes, onion, green peppers, chilies, ½ cup black beans, salsa and topped with 2 tbsp avocado	1 sliced medium apple with 1 tbsp soy nut butter or natural peanut butter	1,827 CALORIES 118G PROTEIN 205G CARBS 52G FAT

TRAVIS RATHBONE

Clean doesn't mean boring! Spice up your menu with fresh ingredients.

CREOLE GUMBO WITH RED BEANS AND RICE

TIP: Glycemic index, a measure of how high blood sugar rises and how long it remains high, depends on the quality and quantity of carbs you eat. In most cases, lower GI foods are better—except post-workout, when higher GI foods can replenish muscle glycogen stores.

EAT CARBS
WITHOUT FEAR

Five meals that you'll think are cheats—but are really great for fuelling your workouts

RECIPES BY **CHRISTIAN COATES**
PHOTOGRAPHS BY **MOYA MCALLISTER** | FOOD STYLING BY **DANA BONAGURA**

● **FOR TOO LONG,** ***carbohydrates*** has been a bad word. We've embraced the idea that cutting out most forms of carbs from our diets will help us lose weight and build muscle. And certainly, eliminating the most processed forms—white flour, white rice, plain pasta—can go a long way toward helping you reach your fat-loss goals. But as an active woman, you can't afford to fear carbohydrates. In fact, the right type and amount can make a huge difference in your training and your results.

"Muscle glycogen, or stored carbs, is the No. 1 fuel source used during high-intensity training sessions, so it's important to have enough in your diet to get you through your workouts," notes Christian Coates, founder of Soulmate Food in the U.K., which seeks to blend functional, fitness-friendly food with high-level cuisine; and author of Soulmate Food Fitness Gourmet. Post-workout, carbs help restore muscle glycogen and even give your immune system a boost.

The key, of course, is knowing which carbs to embrace and which to avoid. While all carbs increase blood-sugar levels, high-fiber, lower-sugar foods slow this reaction. Opt for nonrefined whole-grain carbs such as bulgur wheat, quinoa, sweet potatoes, and brown rice. And make sure to balance meals with lean protein and healthy fats, adds Coates.

These recipes, developed by Coates, highlight carbs that are low on the glycemic index and are packed with nutrients. They're perfect to fuel you up for your workouts and aid in recovery—especially on hard-training days when your body needs that extra edge.

CREOLE GUMBO with *RED BEANS* and *RICE*

MAKES 2 SERVINGS

Because its outer layers are kept intact, the brown rice found in this Louisiana favorite is teeming with nutrients, including manganese, selenium, and phosphorus. A simple swap to brown rice from white rice packs a plate with high-quality carbs for lasting energy.

INGREDIENTS

- ¼ cup long-grain brown rice
- ⅔ cup cooked kidney beans, rinsed
- 2 scallions, finely sliced
- 1¼ cube organic chicken bouillon
- 2 tsp vegetable oil, plus 1 tsp
- ¼ cup flour
- 1 onion, diced
- 2 green peppers, sliced
- 2 sticks celery, sliced
- 3 cloves garlic, chopped
- ½ cup saucisson or salami, skin removed and diced
- 2 tsp Cajun seasoning
- ½ tsp smoked paprika
- 10 king prawns
- ½ tsp Tabasco hot-pepper sauce
- ½ tsp Worcestershire sauce

DIRECTIONS

1 Cook brown rice according to package directions; when almost done, add beans for final few minutes of cooking. Drain rice and beans; return to pan with scallions; stir. Set aside.

2 Meanwhile, bring 1¼ cups water to boil in a pan. Using a handheld blender, mix in bouillon, then add another 1¼ cups water to make stock. Remove from heat.

3 Heat 2 tsp vegetable oil in a large pan over medium heat. Add flour and stir in oil until a paste forms. Continue cooking, stirring until golden brown. Remove from heat.

4 Add a little chicken stock to pan; stir until combined to make sauce. Repeat, adding a little stock at a time until all liquid is combined. (If lumpy, pulse with hand blender.)

5 Heat a deep frying pan on high heat; add 1 tsp oil. Add onion, peppers, celery, and garlic; cook 2–3 minutes, then add saucisson and dry spices; stir 1 minute.

6 Add prawns and sauce. Then add Tabasco and Worcestershire sauces and bring to a boil. Simmer for 3–4 minutes and serve with rice and beans.

PER SERVING

Calories: 586, Fat: 29g, Sat. fat: 8g, Carbs: 59g, Fiber: 8g, Protein: 22g

GRILLED CHICKEN BREAST with *PESTO BULGUR-WHEAT SALAD* and *CRUMBLED FETA*

MAKES 2 SERVINGS

Bulgur wheat is a Middle Eastern staple with half the calories of quinoa but a greater percentage of fiber per calorie. That makes it a great grain for controlling hunger without bringing your carb count astronomically high.

INGREDIENTS

- 1 small or ½ large sweet potato, peeled and diced
- ½ cup bulgur wheat, uncooked
- 2 120g chicken breasts
- 1 ear corn
- 1 medium to large carrot, peeled
- 1 small zucchini
- ⅓ cup jarred pesto
- 1½ cups sundried tomatoes
- 45g fat-free feta

DIRECTIONS

1 Preheat oven to 180°C. Place sweet potato on baking tray and roast for about 20 minutes, or until tender.

2 Cook bulgur wheat according to directions; drain and let cool.

3 Meanwhile, place chicken in a heated frying pan coated with cooking spray and heat until golden brown on each side, turning halfway through. Transfer chicken to baking tray and roast for 10–12 minutes until fully cooked.

4 Boil corn on the cob in water for about 5 minutes or until tender. Set aside and let cool.

5 Using a mandoline or Spiralizer, slice carrot and zucchini into long, noodlelike strips.

6 Once bulgur wheat is cool, mix in pesto and divide over two plates. Layer carrot and zucchini noodles on top of bulgur wheat.

7 Cut kernels from cobs and roughly chop sundried tomatoes, then scatter over noodles. Slice chicken and place on top. Garnish with crumbled feta.

PER SERVING

Calories: 590, Fat: 16g, Sat. fat: 3g, Carbs: 73.5g, Fiber: 7.5g, Protein: 38g

SUPERGREEN CANDY SALAD with *MANGO* and *POMEGRANATE*

MAKES 2 SERVINGS

Quinoa, the king of carbs, is a great alternative to typical grains like wheat, oats, and barley. What sets quinoa apart is its amino-acid profile, which yields a whopping 24 grams of complete protein per cup. Quinoa also contains high levels of heart-healthy essential fatty acids, such as ALA and oleic acid. Plus, its high fiber content (12g per cup) makes it a low glycemic-index source of energy—perfect for fueling longer workouts.

INGREDIENTS

Dressing

70	grams baby leaf spinach
2	tsp mint
2	tsp fresh cilantro
1	large scallion
¼	red chili
1	tbsp extra-virgin olive oil

Salad

¾	cup quinoa, uncooked
90	grams chicken breast
	Salt and black pepper, to taste
	Extra-virgin olive oil, for oiling
¼	cup edamame, shelled
4	Peppadew peppers, quartered (can also use chopped or jarred red peppers)
½	cup mango, peeled and cut into chunks
3	tbsp pomegranate seeds
3	tbsp candy beetroot, peeled and finely sliced (can also use normal beetroot)
3	tbsp golden or regular beetroot, peeled and finely sliced
30	grams nonfat feta cheese

DIRECTIONS

1 Place all dressing ingredients in a blender and puree.

2 Cook quinoa according to package directions, then drain and cool.

3 Slice chicken breast along its length to get a butterflied joint. Season with salt and pepper and cook in an oiled pan over medium heat for 4 minutes on each side.

4 Remove from heat and shred chicken.

5 In a large bowl, mix dressing with cooked quinoa. Toss vegetables and fruits together and mix; then crumble in feta.

6 To serve, divide among four plates and top with shredded chicken.

PER SERVING

Calories: 547, Fat: 24g, Sat. fat: 3.5g, Carbs: 81g, Fiber: 10.5g, Protein: 35g

TIP: You don't need to consume loads of healthy carbs at every meal for the sustained reduction in blood glucose levels, thanks to the "second meal" effect that low GI foods create. Just one low GI food per meal is enough.

SOULMATE FOOD
fitness gourmet

Find delicious recipes like these and more in ***Soulmate Food Fitness Gourmet***, which features in-depth nutritional information and diet plans for specific goals, from losing weight to building muscle to finding balance.

SALMON with *SAFFRON TOMATOES, FENNEL,* and *SWEET POTATO*

MAKES 2 SERVINGS

Sweet potato trumps the rest of the carb field based on its high vitamin A content and relatively lower carb count. Plus, its high levels of soluble fiber help control blood sugar and slow digestion so you feel satisfied longer.

INGREDIENTS

1 cup fennel
1 medium red onion
1 small to medium zucchini
2 small sweet potatoes or 1 large, peeled
½ cup cherry tomatoes
2 120g salmon fillets
⅓ cup sugar snap peas
Handful of parsley

Sauce

1 clove garlic
½ tsp fennel seeds
2 sprigs thyme
Small pinch of saffron
½ tbsp vegetable oil
1 tsp agave syrup
½ tsp vegetable bouillon
⅔ cup water
⅓ cup tomato puree

DIRECTIONS

1 Preheat oven to 220°C.
2 Chop fennel, red onion, zucchini, and peeled sweet potato into wedges, then roast for 30 minutes or until golden. Roast cherry tomatoes at the same temperature for 10 minutes.
3 Roast salmon at 180° for 10–15 minutes until cooked.
4 Meanwhile, make sauce: Cook chopped garlic, fennel seeds, thyme, and saffron in vegetable oil on low to medium heat for a few minutes. Add agave, vegetable bouillon, water, and tomato puree; cook for 5 minutes.
5 To assemble, toss roasted vegetables in some of the tomato sauce. Place them on a plate, then top with roasted salmon and drizzle with remaining sauce. Garnish with peas and chopped parsley.

PER SERVING

Calories: 331, Fat: 8.5g, Sat. fat: 3g; Carbs: 49g, Fiber: 10g, Protein: 30g

SESAME BLACK NOODLES with *SOY* and *GINGER TOFU*

MAKES 2 SERVINGS

Black rice noodles are a bit exotic but worth hunting down in the specialty-food aisle. They look great and are filled with key nutrients, including fiber, protein, iron, and antioxidants. But if you can't find them, you can also use brown rice noodles. The dressing recipe makes more than you need, so freeze the leftovers in an ice cube tray and defrost each cube as needed for dressing on salads.

INGREDIENTS

1 medium carrot
5 large spears of asparagus
1 small red chili pepper, sliced
3 scallions
45 grams baby corn
180 grams extra-firm tofu, cut into strips
90 grams black rice noodles, uncooked
1 tsp coconut or canola oil
1 cup baby spinach
⅓ cup edamame
⅓ cup sugar snap peas
1½ tsp mixed black and white sesame seeds
1 tsp mint leaves
2 tsp pickled ginger, cut into matchsticks
30 grams cashew nuts

Ginger Soy Dressing (makes jarful)

½ cup stem ginger in syrup (or ½ cup fresh ginger slices in a tbsp of agave syrup)
5 tbsp lemon juice
Thumb of fresh ginger, peeled and sliced
5 tbsp soy sauce
⅔ cup extra-virgin olive oil

DIRECTIONS

1 Peel carrot with a vegetable peeler, then use peeler to make carrot "ribbons"; place in a large bowl.
2 Remove woody bottoms from asparagus and use peeler to create asparagus ribbons, adding to carrots.
3 Slice red chili pepper and scallions on an angle. Add to bowl with corn.
4 Make dressing: Grate ginger and combine with lemon juice, passing through a sieve. Add soy sauce and oil and mix together. Set aside.
5 Marinate tofu in the dressing for 20 minutes before cooking.
6 Bring a pan of water to boil and cook rice noodles for 8 minutes.
7 Add oil to a large skillet or wok; stir-fry tofu for 1–2 minutes.
8 When noodles are cooked, drain and mix with prepared veggies. Add other ingredients, then top with tablespoon dressing. Mix well. Divide between two bowls; top with tofu and serve.

PER SERVING (WITHOUT DRESSING)

Calories: 453, Fat: 18g, Sat. fat: 4g, Carbs: 55g, Fiber: 8g, Protein: 22g

GARLIC & HERB CRUMBED HAKE FILLETS

PREP TIME: 10 MIN
COOKING TIME: 30 MIN
SERVINGS: 4 – 5

INGREDIENTS

1 box of frozen hake fillets (800g)
For the crumbs
60g almond flour
1 tsp garlic flakes
1 tsp onion powder
1 tsp salt
1 tsp dried basil
2 tsp dried parsley
1 tsp lemon zest
Olive oil to drizzle over fillets

Garnish with rosa tomato and ground black pepper. Once cooked finish off with fresh herbs and serve with a lemon wedge.

INSTRUCTIONS

Preheat oven to 200C. Prepare oven-pan with non-stick spray. Place frozen fish fillets in pan and in the oven for 10 minutes. In the meantime, mix the crumbs. Remove from the oven after 10 min and sprinkle generously with the crumbs. Drizzle with olive oil. Use a spray bottle for even distribution of the oil. Place back in the oven for another 20 minutes. Serve with a side of your choice and enjoy.

CHOCOLATE FLAPJACKS

PREP TIME: 10 MIN
COOKING TIME: 10 MIN
SERVINGS: 4 FLAPJACKS

INGREDIENTS

8 egg whites or alternatively 4 whole eggs
2 heaped tbsp ground flax seeds
1 heaped tbsp almond flour
1 heaped tbsp raw cacao
1 tsp caramel essence
1 tsp vanilla essence
1g salt
1 tbsp raw honey

TOPPINGS

Almond butter
Raw honey
Sliced Banana
Berries of your choice
Almond flakes
Cacao powder

INSTRUCTIONS

Place all ingredients in a shaker with a whisk ball and shake well for 60 seconds. Alternatively, you can mix all ingredients together in a mixing bowl and make use of an electric beater on high speed for 30 seconds. Prepare crepe pan with non-stick spray. Preheat over medium heat. With a tablespoon scoop batter into the pan, use 1/4 of the mix for 1 flapjack. Finish off by spreading the flapjacks with some almond butter, then topping it with sliced banana, berries, raw honey, almond flakes and cacao, serve to enjoy.coriander before serving.

OVEN ROAST PAPAYA WITH BANANA AND PECAN NUTS

PREP TIME: 10 MIN
COOKING TIME: 15 – 20 MIN
SERVINGS: 4

INGREDIENTS

2 medium papayas cut in half with pips removed

FILLING

2 bananas mashed
1 heaped tbsp almond flour
1/2 tsp salt
2 tsp caramel essence
1/2 tsp cinnamon
2 tbsp raw honey
50g pecans

Garnish with 2 crushed Ryvita chia seeds, a drizzle of honey, pecans, fresh thyme and a slice of lime.

INSTRUCTIONS

Preheat oven to 200C. Prepare baking tray with non-stick spray. Arrange papaya halves on baking tray. Mash the bananas and mix the rest of the filling ingredients into it. Scoop the filling into the papaya halves. Garnish with crushed Ryvita, chia seeds honey and pecans. Bake in the oven till stuffing is golden and the pecans toasted. Serve as is, or with yoghurt or custard as dessert. For a breakfast option serve with plain yoghurt and enjoy.

GRILLED PORTOBELLO MUSHROOMS WITH MORINGA CRUMBS AND SUNDRIED TOMATO

PREP TIME: 5 MIN
COOKING TIME: 20 MIN
SERVINGS: 4 – 6

INGREDIENTS

6 portobello mushrooms
6 tsp Olive oil

CRUMBS

60g almond flour
1 tbsp quinoa
1 tsp garlic flakes
1 tsp onion powder
1 tsp salt
1 tsp dried basil
2 tsp dried parsley
2 tsp moringa powder
1 tsp lemon zest
70g sundried tomato

INSTRUCTIONS

Preheat oven to 200C. Prepare baking tray with non-stick spray. Place mushrooms on baking tray, drizzle each one with 1 tsp of olive oil. Top with sundried tomato. Mix the almond flour, garlic flakes, onion powder, salt, garlic, basil, parsley, moringa and lemon zest together with fingertips till a crumb-like texture is formed. Sprinkle on top of every mushroom. Bake for 15 minutes. Remove from the oven and put oven on grill. Mix the honey and the tamari soya sauce in a cup and drizzle over each mushroom. Place back in the oven and grill for 5 minutes. Garnish with fresh basil and enjoy.

Strength Star

Creatine is one of the best-studied supplements for improving workout results. So why aren't you taking it yet?

BY **LINDA STEPHENS, M.S.**

WE KNOW GUYS love supplements that help them gain mass and build strength. But many women tend to shy away from ingredients that promote size, fearing that they'll get too bulky. That's one reason many women still don't reach for creatine when they're picking out supplements to boost their workout results. But before you discount this well-studied strength aid, take a moment to consider the following benefits:

› YOU'LL BUILD LEAN MUSCLE

Your muscle cells naturally make creatine phosphate, which when broken down provides immediate energy to muscle fibers. When you supplement with creatine, your body can store more of this energy-giving molecule, strengthening the contractions of the muscle fibers. That means you can pump out more reps—and build more muscle—when you're training.

› YOU'LL TRAIN LONGER (SO YOU'LL BURN MORE CALORIES)

Creatine supplementation helps your muscles replenish their energy stores, so you can train harder for longer periods. Here's how: During any strenuous activity, your body gets its energy from a molecule called ATP, or adenosine triphosphate. During a complex metabolic process, ATP is broken down into ADP (adenosine diphosphate). Creatine helps add back a phosphate molecule to ADP, so your muscles once again have more ATP to work with and you can continue to burn it up at the gym.

› YOU'LL RECOVER FASTER

Creatine will supply your muscles with the nutrients they need to recover from heavy lifting and build muscle. Taking it after exercising helps replenish muscle, aid in recovery, and build a pool of energy for the next workout. When creatine is added to a post-workout shake, along with a simple carb such as fruit to aid in faster absorption, the benefits are almost instantaneous.

BIOGEN
CORE MUSCLE
CREATINE Ultra LOAD
MAXIMUM ABSORPTION
FOR MUSCLE ENERGY & VOLUME
860g
566 kJ
32.3g
5.1g
ON
CREATINE
2500 CAP
NEW IMPROVED FLAVOUR
USN
CREATINE TRANSPORT
ADVANCED DELIVERY SYSTEM

THREE FORMS OF CREATINE WE LOVE

1. USN CREATINE TRANSPORT Creatine Transport is an advanced creatine delivery and glycogen reload system, designed to optimise performance and increase strength and endurance. It consists of a NiTROCOR™ Creatine Amino Esther stack for a multi-purpose effect on muscle preservation, muscle gains and enhanced strength and performance. **2.** BIOGEN CREATINE ULTRA LOAD Biogen Creatine Ultra Load has used the most cutting-edge scientific findings to produce a formulation that maximises the utilisation of creatine. The phenomenal absorption rate is achieved through powerful insulin mimicking and potentiating components such as Alpha-lipoic Acid. The compound effect of these agents results in a far more efficient delivery system, amplifying ATP production and performance output of muscle fibres. Extensive research and case studies have shown L-Glutamine to be extremely effective in reducing recovery time, improving protein synthesis and attaining an anabolic environment within the body. **3.** OPTIMUM NUTRITION CREATINE 2500 CAPS Creatine Monohydrate is the most well-researched form of creatine. It has been shown to promote muscle size, strength and power. Optimum Nutrition's Creatine 2500 Caps are manufactured with 2500mg of exceptionally pure Creatine Monohydrate.

LOADING UP

FOUR FAST FACTS ABOUT CREATINE

1

You don't need a lot. Fitness enthusiasts used to take creatine up to five times a day for a week. But research from Bloomsburg University suggests you don't need to load up to get results. Taking 2.3g per day for six weeks post-workout should be enough to notice stamina gains in five to seven days.

2

It's not for coffee lovers. Some research shows caffeine can negate any benefits, so many users will avoid it in any form while taking creatine.

3

It pays to take a break. Since your body adapts to creatine, try cycling off after four to six weeks, then resuming after two to four weeks. This hiatus generally isn't enough to lose any gains you've already made.

4

Creatine comes in many forms, including powders. tablets, capsules and liquids.

Power On

The right mix of good-for-you supplements can help you recover faster so you can work out harder

BY **RAZVAN RADU**

• **YOUR WORKOUT** doesn't end when you change out of your sweaty gym clothes. In fact, the sooner you start the recovery process, the harder you can hit it again the next day. And a few key ingredients can help your body replenish what was lost during your workout and help your muscles start to rapidly rebuild.

ANTIOXIDANTS

During a workout, particularly a strenuous one, your body metabolizes oxygen. Over time, this can lead to cell damage. Antioxidants help reduce this damage and minimize the stress oxidation can place on your body. Antioxidants are found in a variety of fruits and vegetables, but some of the most potent are in spirulina, a nutrient-dense algae; acai berry; and matcha green tea.

NUTRIENT-DENSE CHLOROPHYLL

If you've ever been told to "make sure to get your greens in," chloro phyll is one of the main reasons why. Chlorophyll gives leafy green vegetables their color and may help increase the elimination of harmful toxins. It also supports maintenance of pH and red blood cells, which are important in keeping your body healthy. Making sure your body is free of waste and functioning at its peak will give your recovery efforts a boost.

NUTRIENT-DENSE CHLOROPHYLL

You could eat the most nutritious foods in the kitchen, but if your body doesn't fully digest them, their nutritional value is close to nothing. Digestive enzymes such as protease, cellulase, lipase, and amylase help digest the macronutrient contents of food. That means the proteins, carbs, and fats in your meals can be better digested, allowing for important functions such as hormone balance, muscle repair, and energy production. Digestive enzymes also help improve the absorption of various vitamins and minerals, so your micronutrient intake is never sacrificed. That's especially key for active people, whose bodies utilize macronutrients, vitamins, and minerals to transport oxygen, work and build muscle, balance hormones, recover, and more.

NATURE'S NUTRITION
SUPER GREENS & REDS
+10 g PLANT PROTEIN
50 ORGANIC SUPERFOODS
+DAIRY-FREE PROBIOTICS
Citrus Berry

• **Nature's Nutrition Super Greens & Reds - Citrus Berry**

PUTTING IT ALL TOGETHER

Get your day off to a power-packed start, with this pea protein drink mix from Nature's Nutrition. The Super Greens & Reds + Protein powder has been made with a heaping helping of pea protein, organic leafy greens and nutrient-rich red fruits and veggies, to boost your performance, immunity and energy levels. It's also been enriched with probiotics, to assist with digestion. faithful-to-nature.co.za

• **Keep your fitness gains going after you've left the gym with the right recovery ingredients.**

Early-Morning Energizer

LORNA JANE CLARKSON has been setting the pace for sexy fitspirational activewear for the past 25 years. Forever emphasizing balanced bliss, she is living out a promise to bring women food and lifestyle tips that can help them reach their fit-living goals. *Hers* editors swooned over this power-food-packed, satiating breakfast from her cookbook *Nourish* and enjoyed the healthy-living tips found in her newest book, *Inspired*. To speed your morning, prepare the veggies the night before, then just heat in the morning with a fresh egg. Enjoy!

NOURISHING BREAKFAST SALAD

PREP + COOK TIME: 35 MINUTES **SERVES:** 2

INGREDIENTS FOR SALAD

300 gram piece pumpkin, unpeeled, cut into ½-inch-thick slices
90 grams Swiss brown mushrooms, halved
1 large zucchini, cut diagonally into ½-inch-thick slices
1 small red bell pepper, sliced thickly
2 eggs
2 cups trimmed watercress leaves
1 tbsp toasted pepitas

DRESSING

1 tbsp cold-pressed extra-virgin coconut oil
1½ tbsp lemon juice
2 tsp chopped fresh thyme leaves
2 tsp pure maple syrup
Salt and pepper

DIRECTIONS

1. Preheat oven to 220°C.

2. To make dressing, combine ingredients in a screw-top jar and season with salt and pepper to taste. Shake well.

3. Combine vegetables and 1 tbsp dressing in a large baking-paper-lined baking dish. Bake about 25 minutes, or until vegetables are lightly browned and tender.

4. Bring saucepan of water to a boil; reduce to simmer. Crack each egg into a cup and slide into the water in the center of the pan. Cook 5 minutes, or until the eggs are done to your liking. Remove with a slotted spoon.

5. Combine vegetables and watercress in a large bowl; transfer to serving plates. Sprinkle with pepitas, top with poached eggs, and drizzle with remaining dressing.

PER SERVING

Calories: 266, Fat: 14.5g, Saturated Fat: 4g, Carbs: 25g, Fiber: 4g, Protein: 13g

SALAD FOR BREAKFAST?
Use any mixture of your favorite roasted veggies for a savory start to your day.

CATH MUSCAT/COURTESY OF BAUER MEDIA BOOKS

Size Matters

The No. 1 thing you can do to help reach your weight- loss goals? Keep an eye on how much you eat.

BY **AMY SCHLINGER**

• YOU HAD AN HOUR-plus, sweat-inducing, hardcore workout this morning, which more than justifies that large stack of protein pancakes for breakfast or the extra helping of pasta at dinner, right? After all, you earned it!

Not so fast. Portion control is one of the most important factors when it comes to dropping a few pounds and keeping them off, says Leslie Bonci, R.D., director of sports nutrition at the University of Pittsburgh Center for Sports Medicine. "You have to consider energy output versus energy intake," she notes. "**You might be doing a great job increasing your calorie burn at the gym, but that doesn't mean you can overindulge when the workout is over.**"

That goes not only for cheat foods like fries and sweets, but also for otherwise healthy fare like fish, Greek yogurt, and nuts. "Too much of almost anything (with the exception of water) can interfere with your ability to maintain a healthy weight," adds Bonci. Overdoing it with one macronutrient, be it protein, carbs, or fat, can also sabotage your efforts.

Downsize the amount of food on your plate to control your calorie count.

Of course, it's nice to reward yourself after you've worked hard. It just means you need **to balance these added calories with the rest of your diet**. "If you really need that mocha latte post-workout, then be more mindful of what you're eating throughout the rest of the day," Bonci says.

Use the following guidelines when plating a meal to keep your portion sizes realistic: a palm-size amount of lean protein like chicken or fish; a fist-size amount of carbs such as rice, pasta, potato, or corn; two fists of fruits or veggies; one to two thumb-size amounts of fat like salad dressing, peanut butter, or mayo and a thumbnail-size pour of oil.

Stick with these guidelines and you'll be way ahead of the curves when it comes to successful long-term weight control. "If you can control portions, you will inevitably be controlling calories, too, and ultimately that's what will make the difference," Bonci explains.

Four Tools for Perfect Portions

wNeed some help keeping your calories in check? These devices heighten your sense of serving size.

the portion plate

THE ADULT PORTION PLATE

The Portion Plate is an interactive tool for teaching consumers appropriate food portions. It's an actual plate that offers a tangible demonstration of how much food we should eat. Not only are the plate's illustrated portion areas a good guide to follow, but the makeup of a good meal is also presented. This means 1/2 of your plate should be fruits and vegetables, 1/4 of your plate whole grains and the remaining 1/4 lean protein.
wantitall.co.za

COOKING STAR DIGITAL SPOON SCALE

Some of your favourite foods can pack a calorie punch in small doses, for example, your nut butters and healthy oils. This digital spoon scale from Soehnle is perfect for measuring smaller amounts of foods so that you don't increase your calorie intake unnecessarily. It measures from 1.1g to 500g.
yuppiechef.com

PASTA PORTION CONTROL CONTAINERS

Portion control is one of the most important functions of this cooking gadget. Measuring cooked pasta is the solution to weight control and still being able to eat fun food. From being a pasta maker, spaghetti spoon, pasta spoon and a pasta portion control basket it has its place in the line of the cool kitchen gadgets which are fun for kids as well. Cooking the desired pasta amount for your diet.
wantitall.co.za

CALORIFIC APP

Why 200 calories? Because it's a nice portion size and makes it easy to recognise how many calories you are eating without needing to check the labels. Well it turns out it's a whole lot of spinach but only half a spoon of peanut butter! Each food has been meticulously researched, weighed and photo-graphed in high definition.
Download from the App Store

Shoulder the Load

You love the look of a well-developed shoulder, but all that weight work may cause more harm than good. Here's how to make sure your body's most mobile joint stays strong and healthy.

BY **SOMMER ROBERTSON-ABIAD**

THE SHOULDER is the most flexible joint in the body, but it's also one of the most injured. Blame its hypermobility (no other joint can move 360 degrees) and underlying instability. But your workout routine may also be causing trouble. "Shoulder injuries are often the result of imbalances between the chest and back muscles, particularly the pectoralis major, the infraspinatus, and deltoid muscles," says Alvin Brown, an osteopath and clinical director of the Centre for Healing and Personal Potential in Ontario, Canada. These imbalances are often linked with tightness and inflexibility. Poor lifting technique can also cause problems. The most common shoulder injuries include tendinitis, bursitis, and tears. If you have a loss of full range of motion above 90 degrees and pain when moving your arm around, you're most likely suffering from one of these injuries, Brown says. Here's how to ID the issue you're dealing with and what you can do to prevent it from happening in the first place.

HOW TO TREAT

STEP 1 | RICE. Rest, ice, compression, and elevation work best in early stages. Cold therapy is especially helpful to reduce pain and inflammation.

STEP 2 | Alternate heat and ice. Contrast therapy may be more beneficial if the injury is more than a few days old, since it increases blood flow to the injured area.

STEP 3 | For chronic shoulder pain, avoid any overhead exercises that involve continuously moving the arm from below to above shoulder level.

START HERE

SHOULDER PAIN DIAGNOSIS

IF PAIN IS:
Coming in gradually over time but goes away with warmup; felt on outside or front of shoulder, spreading down to elbow; felt at night, especially when lying on affected shoulder; getting worse when raising arms or lifting overhead; felt during heavy pushing or pulling movements.

YOU MAY HAVE: **ROTATOR CUFF** AND **BICEPS TENDINITIS** OR **SUBACROMIAL BURSITIS**

Tendinitis is an inflammation of tendons, often due to repetitive movements. It can occur with bursitis, an inflammation of the bursa (a fluid-filled sac at top of shoulder).

IF PAIN IS:
Sharp or a dull ache deep in the shoulder; accompanied by weakness when lifting hand above shoulder height, when reaching behind back, or rotating arm; felt at night, especially when lying on affected shoulder; felt at rest as condition progresses.

YOU MAY HAVE: **ROTATOR CUFF TEAR**

A tear can occur under heavy loads (such as lifting too heavy of a weight overhead), but it's more commonly caused by repeated microtrauma that wears the rotator cuff tendons over time.

IF PAIN IS:
Tender to touch at front of shoulder or made worse with lifting, pulling, or repetitive overhead reaching; accompanied by a "catching" or "clicking" in the shoulder with movement; causing difficulty reaching behind back and overhead.

YOU MAY HAVE: **BICEPS TENDINITIS**

Although it's in the biceps muscle, continuous or repetitive overuse of the biceps tendon can be felt through overhead movements, rotator cuff tears, and chronic shoulder instability due to weakness in the rotator cuff and upper-back muscles.

13/IMAGE SOURCE/OCEAN/CORBIS

■ Give your shoulders a little TLC with the rest and recovery.

Lifting keeps your body and your mind sharp.

Muscle Up Your Memory

Hitting the weights may also help strengthen your recall, according to a study from Georgia Institute of Technology. Researchers found doing an intense 20-minute weight routine enhanced long-term memory by about 10%.

"We think the hormones released as part of the body's response to strength training lead to the improvement in memory," says study author Lisa Weinberg. "Best of all, it doesn't have to be a long workout—even a relatively short one had an effect." Although this study tested participants who exercised only once, other research (including long-term intervention studies) suggest that more is better, so keep up your regular workouts to maximize results. *—Diana Kelly*

PROTECT AGAINST GYM STINK

It's not your imagination—those high-tech T-shirts and tanks really do smell up your hamper, especially if they've been sitting around for a day or more, according to a new study published in the journal *Applied and Environmental Microbiology*. Odor-causing bacteria called micrococci grow better on polyester than cotton, causing the clothes to emit an intense aroma. To help keep down the stench, launder your gear as soon as possible, using detergents that are specially formulated to handle synthetic fabrics and sweat odor. On our favorites list: ProWash Activewear Detergent ($30 for three 24 fl oz packages, *amazon .com*); or Tide Plus Febreeze Freshness Sport ($13 for 46 fl oz, *drugstore .com*). *—DK*

The Hidden Danger of Winter Weight Gain

Those few pounds you put on over the holidays might be doing more harm than you think. A new study found **even a small amount of extra weight can raise blood pressure levels and affect cardiovascular health**. The study, presented at the most recent American Heart Association's High Blood Pressure Research Scientific Sessions, showed that even a 5% increase in body weight due to excess eating leads to a 4mmHg increase in blood pressure in lean, healthy individuals. (For a 130-pound woman, a 5% increase in body weight would be 6.5 pounds.) The increase in blood pressure was specifically related to increments in deep belly (visceral) fat. "Even a few extra pounds can contribute to an increase in blood pressure if the fat accumulated is predominantly inside the abdomen," says lead author Naima Covassin, Ph.D., a research fellow at the Mayo Clinic in Rochester, MN. *—DK*

ARTIGA PHOTO/CORBIS; KATHERINE FAWSSETT/GETTY IMAGES; ESOLIA/GETTY IMAGES

Q “I train two to three hours in Muay Thai and jiu-jitsu, plus 30 minutes of cardio in the morning, some yoga or Pilates every other day, and lift once or twice a week. I eat between 1,500–1,600 calories a day with a balance of carbs, fats, and protein and then have one refeed day of around 2,000 calories. I get enough sleep, take a rest day, and have a daily multivitamin. But despite all of my careful planning I am still exhausted. What am I doing wrong?”

—DOMINIQUE R.

“This is a complicated question because each person’s individual needs are unique based on gender, body weight, and physical activity. But my gut tells me you are not consuming enough calories or getting enough hydration throughout the day,” says Felicia Stoler, M.S., R.D., a nutrition and exercise physiologist and the author of *Living Skinny in Fat Genes.* “My next suggestion would be to balance out your calories so that you eat close to what you need every day—not low on some days and then one binge day each week. I’d rather see you eat 1,800 calories every day than not get enough and try to make up the difference in one day.” And don’t forget about quality with that quantity. “Make sure you’re getting enough fruits, veggies, and whole grains,” adds Stoler. “It may be helpful to meet with a registered dietitian who can help you determine your nutrient needs.”

Q “What’s a good hamstrings isolation exercise? My glutes tend to take over whenever I try to go up in weight in linear leg presses and deadlifts.”

—AMBER S.,

The hamstrings are a fast-twitch muscle group that responds best to explosive movements. If you want to completely isolate these muscles, the single-leg lying or standing leg curl machines may be your best options. But they’re not necessarily the most effective ones, says *Hers* technical adviser Gino Caccavale. “Your hamstrings work harder when your glutes are activated,” he adds. “You need that assistance for different and heavier loads.” Caccavale recommends the GHD, or glute-ham developer. “It’s the best apparatus to lengthen and contract the hamstrings at the knee and hip.” Romanian deadlifts are also effective, but form is crucial: Push your hips back as you lower the barbell to midshin, then drive your hips forward and push from your heels as you rise. Alternate the GHD and Romanian deadlifts every other workout for maximum effect. And try training your hamstrings on a separate day from your quads, or two days after a heavy leg day, to boost results.

Q “Is my heart-rate monitor accurately reading how many calories I’m burning?”

—DURELL D.,

“It probably has a margin of error of about 15%,” says John P. Higgins, M.D., associate professor of medicine at the University of Texas Health Science Center. Factors such as height, weight, and age help predict calories burned based on common algorithms, but your fitness, gender, genetics, exercise duration, and body mass index also help determine calories burned, he adds. The most accurate models use both a chest strap and wrist monitor.

WATER WORKS: **Staying hydrated throughout the day can help boost performance and curb feelings of fatigue.**

DO YOU HAVE A DIET, FITNESS, OR TRAINING QUESTION YOU WANT A *HERS* EXPERT TO ANSWER? E-MAIL US AT ***ASKTHEED@MUSCLEANDFITNESSHERS.COM*** AND WE MAY ANSWER IT IN A FUTURE ISSUE OF THE MAGAZINE.

Say No to Sugar

MAINTAINING YOUR WEIGHT LOSS and fitness goals is one of life's greatest rewards—and challenges. And certain foods like sugar, even those found in "healthy" foods, can derail those commitments indefinitely. That's why Tosca Reno, best-selling author and founder of the *Eat-Clean Diet* series, wants you to nix the refined sweet stuff for good. Her philosophy: "Remove the sugar, reveal the physique."

More than 15 years ago, Reno, too, was addicted to sugar and suffering the consequences: depression and stalled weight-loss efforts. But cutting the sweet stuff from her diet turned that pattern around.

Too much sugar can cause insulin spikes, drain energy, lead to cravings, and signal the body to store more fat. But replacing sugary foods with healthy carbs, protein, and fat will help slice out fat cells that may be hindering your progress. Interested in striking sugar yourself? Download a copy of Reno's *Strike Sugar* e-book at *toscareno.com*. *—Cat Perry*

Cut out the sweet stuff and watch your results soar.

THE SURPRISING NEW DIET TRICK

Want to cut body fat? Try cutting down on the types of food you eat. A new study in the journal *PLOS ONE* found that when consumers have too many options, they're more likely to eat more. But it's not just about the number of brands to choose from. "Too much variety in general has been shown to lead to overeating," says Mitzi Dulan, R.D., a nutritionist based in Leawood, KS. Previous research from Cornell University Food and Brand Lab has found that when moviegoers were given M&M candies in 10 different colors, they ate 43% more than people offered the same number of M&Ms in seven colors. "Studies suggest that the less variety you have in your diet, the better able you are to stay on track," notes Dulan. Try eating healthy foods you know and are familiar with to control portions whenever possible. Then introduce just one or two new foods when you want a little something new. *—DK*

LABEL ALERTS

That food label you are so diligent about reading may be highly misleading, according to experts who say the numbers may be off by as much as 25%. "Current methods for determining calories are imperfect," notes Katherine Tallmadge, R.D., a nutritionist based in Washington, D.C. More often than not, the numbers are higher than they should be, especially when it comes to protein and fiber. "We all digest foods differently, so it's impossible to say exactly how many calories you might get from these nutrients," says Tallmadge. Ironically, processed foods seem to be more accurate with label information than high-protein, low-carb, and fiber-rich whole foods, which is helpful in knowing which foods to avoid. "I would still have faith in the food labels, as that's our only choice," adds Tallmadge. But tuning into your body's own signals can help keep you on track.

—DIANA KELLY

BIG BUSINESSES COME CLEAN

You and your fit friends know the many benefits of eating clean—now a few large food manufacturers are discovering a healthy diet is also good for business and are cleaning up their products. Below, a few of our favorite developments that are making it easier for everyone to eat healthier.

General Mills: Original Cheerios are now non-GMO

Ben & Jerry's: Eliminated GMOs from their frozen desserts

Chipotle: Restricted antibiotics in chicken and are now GMO-free

Panera Bread: Using more antibiotic-free chicken

Tyson: Phasing out human antibiotics in all chicken products

E+/GETTY IMAGES; CAROLYN JENKINS/ALAMY; PAUL GIAMOU/GETTY IMAGES

Energy Drink Overload

• **THAT ROCKET FUEL** you guzzle to power you through your workout could be the reason you're feeling anxious later in the day or tossing and turning well into the night. A recent Spanish study found that while athletes who downed the equivalent of three cans of energy drinks before a sports competition improved performance between 3–7%, many also reported insomnia, feelings of nervousness, and a heightened level of stimulation.

Caffeine levels in energy drinks can range from about 40 to 242 milligrams per serving, with some packing more than one serving, according to a recent *Consumer Reports* article. If you find yourself feeling the effects, try reading labels to cut back on the caffeine and steer clear of the stimulant at least six hours before bed. —*Diana Kelly*

POWER UP YOUR GREENS

Salad dressing is probably the last thing you'd turn to for some quality protein, but TruTable's new line of flavorful dressings and dips just might surprise you. They pack between 9 and 10 grams of protein into a 4-tablespoon serving with only 90 calories and 4.5 grams of fat. They're also gluten- and cholesterol-free, all-natural, and low in sodium. Available in creative flavors like Orange Blossom Honey & Balsamic, Key Lime Caesar with Asiago, Orange Citrus & Black Chia Seed, and our favorite, Asian Sweet Chili & Tamari. ($6.99, *trutable.com*) —*D.K.*

Has Your Diet Gone **Too Far**?

• **YOU EAT CLEAN** as often as you can and are strict with your diet when training for a competition, but if your eating has gone from healthy to obsessed, you might be suffering from "orthorexia nervosa." Awareness of this disorder, defined as a "fixation on righteous eating," is on the rise, according to the National Eating Disorders Association.

How to tell if your habits have slipped over the line? If your eating behaviors are very rigid and restrictive, you find yourself being consumed by thoughts about food and eating patterns, or you find that food impacts your self-esteem, you might be suffering from the disorder, says Riley Nickols, Ph.D., a sport psychology resident in the Victory Program at McCallum Place, an eating-disorder treatment facility in St. Louis, MO. If you think you might have the condition, seek out the help of both a dietitian and a therapist who deals with eating disorders, suggests Nickols. "Normal, healthy eating doesn't take up all of your time and involves having a variety of foods in moderation," she advises. —*D.K.*

FOOD THAT COULD HELP YOUR HEARING

LISTEN UP: Eating fish may be good for your ears as well as your heart. Research has long shown that high levels of omega-3 fats, typically found in deep-water fish like tuna and salmon, can protect against ailments like heart disease. A recent study found that eating fish may also help guard your hearing. Researchers followed 65,215 women over 18 years of age and found that those who ate two or more servings of fish per week had a 20% lower risk of age-related hearing loss than women who rarely chose fish. Experts speculate that eating fish can help protect hearing by maintaining blood flow to the inner ear. — *D.K.*

PM IMAGES/GETTY IMAGES

BEST BODY EVER

Ready to look and feel amazing? Follow this eight-week workout program, modeled by former figure pro Erin Stern, to burn fat, build muscle—and totally transform your physique.

BY **KEVIN GRAY AND ALYSSA SHAFFER** | PHOTOGRAPHS BY **PER BERNAL**

ERIN STERN MISSED qualifying for the 2008 Beijing Olympics high jump by three centimeters. Undeterred, she channeled her athleticism into bodybuilding, winning her first show and starting down a path that led to two Ms. Figure Olympia titles. Now, after four years away from the IFBB Professional League stage, she's back.

"I left competition for a few years because figure was evolving into something more muscular," Stern says. "It's very difficult being a lifetime natural athlete in figure, so I decided that if I can't do it naturally, I'm not going to try." Then, in late 2017, the IFBB Professional League introduced the Elite Pro division, which follows anti-doping rules and includes a body fitness category. Stern competed in last year's Arnold Classic South Africa, placing fourth.

"Getting onstage was always my favorite part," she says. "That's where you get to showcase all your hard work, see your physique under the lights, and see how close you can come to the ideal body for yourself." That body requires a lot of work. Choosing to train without a coach to guide her, Stern is responsible for her own training and nutrition.

"I read a lot," she says. "I consume as much information as possible, and I follow reputable doctors and trainers." She mentions that there are a lot of voices in the industry, especially on social media, so it's important to filter out the bad from the good. "Try to start with a base of science," she says. "From there, you can take in some anecdotal evidence and blend the two."

When training, Stern avoids weighing herself. Instead, she tracks her progress by taking photos and measurements every couple of weeks to compare and quantify her progress. And, rather than bulking and cutting, she maintains her physique throughout the year with a mixture of steady workouts and calculated eating that keeps her lean. "I do time-restricted eating three to four days per week, where I only eat between 8 a.m. and 5 p.m.," she says.

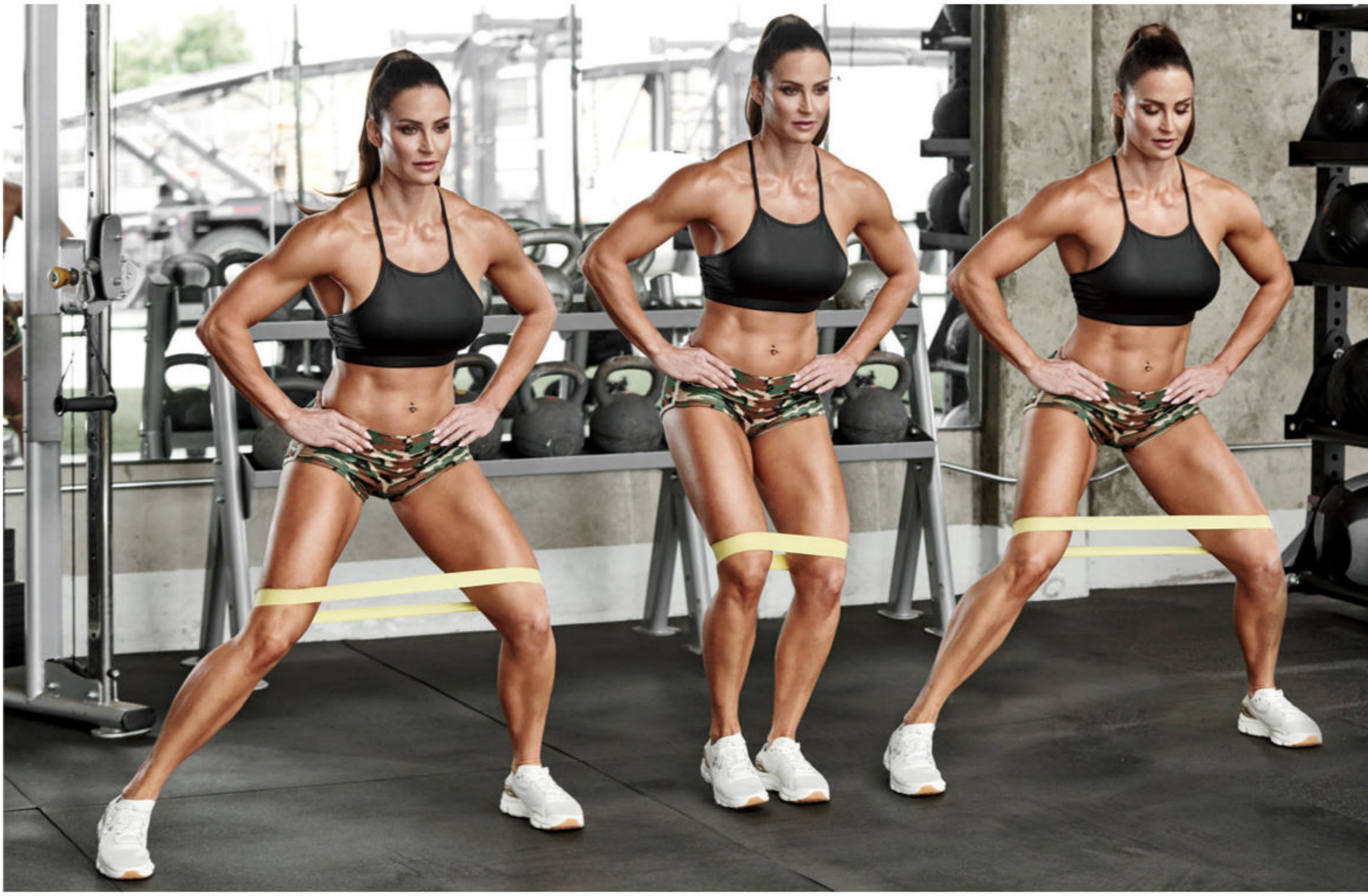
Between training and competing, Stern managed to launch a new app, Elite Body, that features different workouts each week. Her third book, Train Like a Bodybuilder, comes out in June. And this year she plans to get back on the track, but she refuses to participate in the over-35 Masters category. "Their unofficial motto is 'older, slower, lower.' That's not me."

Like Stern, you don't need coaches or trendy meal plans to get into top-notch shape. All it takes is a willingness to work—and some advance planning—and you can make a real difference in how you look and feel in as little as eight weeks. To guide you in the right direction, we lay out the road map to help you reach all of your best-body goals, including a comprehensive workout plan that's designed to challenge you as you go—just make sure that your diet is on track to see results. Turn the page for all the deets on what to do and how to do it to achieve your very best.

BIO BLAST

Erin Stern

Age: 39
Height: 1.7m
Weight: 61kg
Hometown: Tampa, FL
Instagram: 2x_ms_olympia



▲ Banded Lateral Circle Band Step

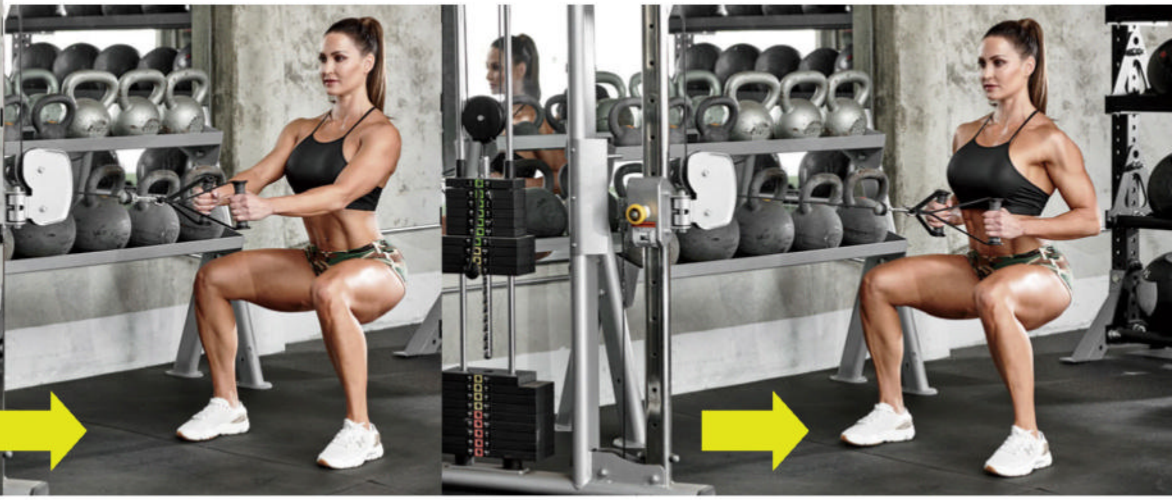
WORKS: GLUTES, OUTER THIGHS

Place a resistance band around your thighs and get into an athletic stance, feet hip-distance apart and knees slightly bent. Take a small step to left side with left leg, followed by a small step to left with right leg. Continue taking 12 to 15 steps to left, making sure to keep resistance in band throughout. Then reverse direction.

Squat With Midback Cable Row ▼

WORKS: BACK, ARMS, CORE, GLUTES, QUADS

Stand a few feet from a cable machine, holding a V-handle with arms extended and anchor positioned about waist height. Squat down, bending knees about 90 degrees. As you lower, straighten arms forward. Staying in squat, pull weights toward body, bringing elbows behind you while keeping arms close to sides.



YOUR EIGHT-WEEK WORKOUT PLAN

NOTHING THAT really matters ever comes easy, and that's especially true of your fitness. But if you're looking to make a change or simply reboot your existing routine, this eight-week workout program is for you. Created by trainer Joy Kushner, owner of Joy Personal Training in Missoula, MT, this plan is designed to keep you motivated and on point with a mix of challenging exercises that are guaranteed to build muscle, burn fat, and totally transform your physique.

You'll start things off with a two-week fat-burning and muscle-building plan that kicks you right into high gear, with a focus on building a strong base for your entire body while jump-starting your fat loss, says Kushner. Then you'll keep adding to your strength base by increasing resistance to promote muscle growth, before adding in high-intensity intervals and core-focused moves. The final weeks of the plan are a lean-out phase with a heightened emphasis on cardiovascular training and active recovery. "Your heart rate will stay elevated throughout each workout to provide the largest calorie burn," she says.

Kushner designed the program around supersets and circuits because they are efficient and boost endurance while helping you build lean muscle. "By moving more in less time, you'll increase your energy expenditure and get done faster," she notes. By the end of eight weeks, you'll feel stronger, look leaner, and have more energy and confidence—so you're ready to take on whatever challenges the new year brings.

HOW IT WORKS

Each two-week block includes four to five workouts, with the exercises primarily broken into lower-body and upper-body routines using supersets. Every two weeks the emphasis shifts so you (and your muscles!) never have a chance to get bored.

WEEKS 1 AND 2

FOCUS: BUILDING A SOLID BASE, JUMP-STARTING FAT LOSS WITH SUPERSETS AND CARDIO.

DIRECTIONS: LIFT 50% OF YOUR MAX IN SUPERSETS. DO 3 SETS OF 12 TO 15 REPS. REST FOR 10 SECONDS BETWEEN EXERCISES, 30 SECONDS BETWEEN SETS, AND 45 TO 60 SECONDS BETWEEN SUPERSETS.

DAY 1: LOWER BODY

Superset 1

1 Banded lateral circle band steps
2 Barbell sumo squats with pulses

Superset 2

1 Bulgarian split lunges alternating with lunge hops
2 Banded hip thrusts

Superset 3

1 Barbell stiff-leg deadlifts
2 Barbell deficit reverse lunges

Superset 4

1 Banded barbell bridges alternating with abductions
2 Dumbbell frog pump bridges

DAY 2: UPPER BODY

Superset 1

1 Dumbbell squats to curls to presses
2 Up/down planks

Superset 2

1 Wide-grip lat pulldowns
2 Dumbbell front/lateral raises

Superset 3

1 Squats with midback cable rows
2 Planks with alternating contralateral hand/toe touches

Superset 4

1 Supine dumbbell pullovers with alternating dumbbell skull crushers
2 Band pull-aparts

DAY 3: LOWER BODY

Repeat Day 1.

DAY 4: UPPER BODY

Repeat Day 2.

DAY 5 (OPTIONAL): CARDIO

Perform this circuit on the treadmill. Do 4 to 5 rounds, increasing the incline by at least 1% each round.

1 2-minute walk
2 1-minute lunge
3 2-minute jog

STYLING BY ELISABETTA ROGIANI. HAIR AND MAKEUP BY NATALIE MALCHEV

WEEKS 3 AND 4

FOCUS: BUILDING STRENGTH BY INCREASING WEIGHTS.
DIRECTIONS: LIFT 80% OF YOUR MAX IN SUPERSETS. DO 3 SETS OF 8 TO 10 REPS. REST FOR 10 SECONDS BETWEEN EXERCISES, 30 SECONDS BETWEEN SETS, AND 45 TO 60 SECONDS BETWEEN SUPERSETS.

DAY 1: LOWER BODY

See Weeks 1 and 2, increasing weights.

DAY 2: UPPER BODY

See Weeks 1 and 2, increasing weights.

DAY 3: LOWER BODY

See Weeks 1 and 2, increasing weights.

DAY 4 (OPTIONAL): TOTAL BODY + CARDIO

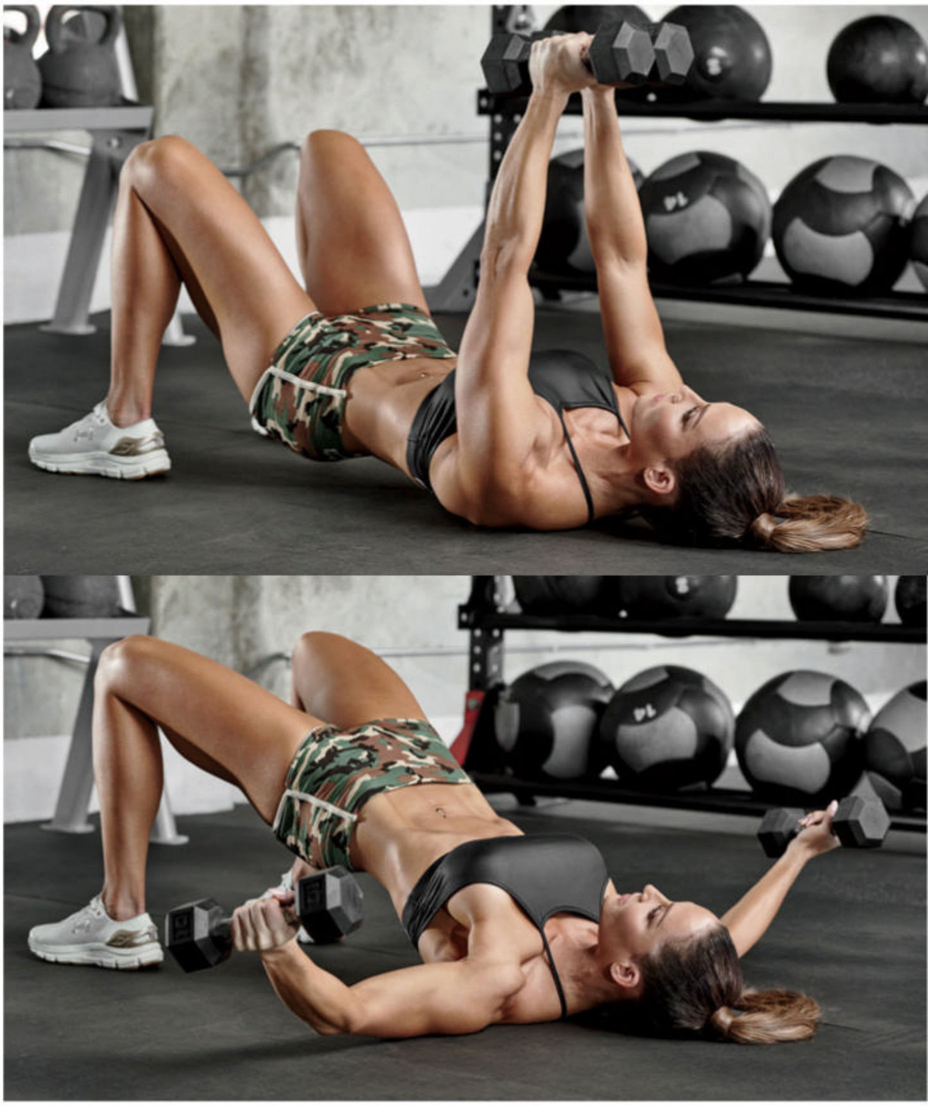
For cardio, do the cardio routine from Weeks 1 and 2. For total-body training, do the below:

Superset 1

1	Dumbbell squats to presses
2	Dumbbell stiff-leg deadlifts to rows to triceps kickbacks

Superset 2

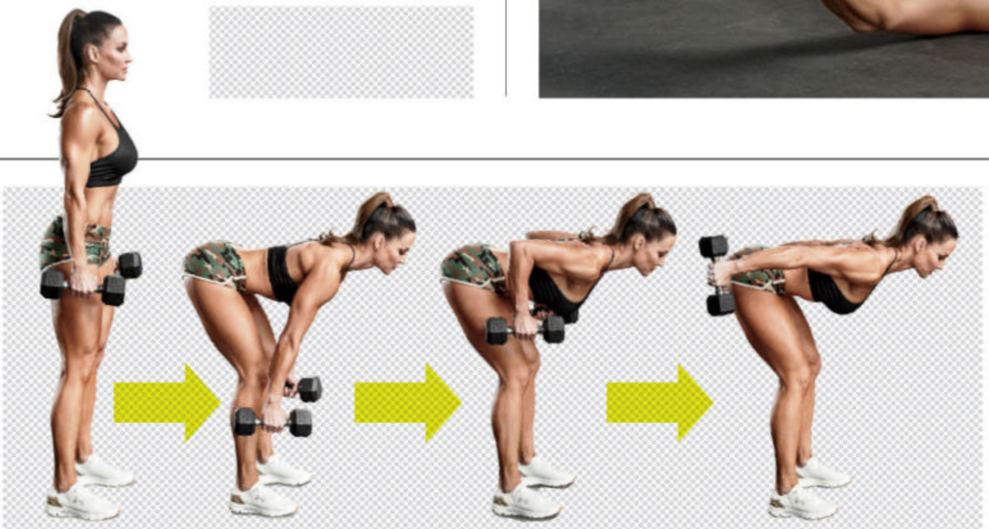
1	Glute bridges with dumbbell flyes
2	Burpees with 2 jack feet



▲ Glute Bridge With DB Flye

WORKS: CHEST, GLUTES

Lie faceup on floor holding weights above chest with arms extended, palms facing each other. Lift hips off floor, squeezing glutes. Lower arms out to sides while keeping glutes lifted. Lower hips back to floor (without touching down); at the same time, bring weights back above chest.



DB Stiff-leg Deadlift to Row to Triceps Kickback

WORKS: TRICEPS, BACK, CORE, GLUTES, HAMSTRINGS

Stand tall holding dumbbells at sides. Keeping weights close to body, lower dumbbells toward floor, pushing hips behind you. When your back is about parallel to the floor, row the weights to your sides. From here, extend arms to press weights behind you. That’s 1 rep. Reverse the move and repeat. Make sure to use your glutes and not your back to stand.

WEEKS 5 AND 6

FOCUS: BUILDING MUSCLE, ADDING CORE-SPECIFIC EXERCISES, INCREASING REPS, ADDING HIIT.
DIRECTIONS: LIFT 60 TO 70% OF YOUR MAX IN SUPERSETS. DO 3 SETS OF 15 TO 20 REPS. REST FOR 30 SECONDS BETWEEN SETS AND 45 TO 60 SECONDS BETWEEN SUPERSETS.

DAY 1: LOWER BODY + CORE

For lower body, do the lower-body routine from Weeks 1 to 4. For core, do the below:

Superset 1

1 Dead bugs
2 Crabs with alternating hand/toe touches

Superset 2

1 Planks with stability ball knee-ins
2 Dumbbell V-sits with alternating single-leg extensions and press-outs

DAY 2: UPPER BODY + HIIT

For upper body, do the upper-body routine from Weeks 1 to 4. For HIIT, do the below:

High-Intensity Interval Training (HIIT):

This can be done in a variety of ways. Options include sprints, jump lunges, jump squats, burpees, mountain climbers, biking, swimming, and running stairs. High intensity means 90 to 100% effort! Always begin with a 5-minute warmup and finish with a 5-minute cooldown.

Beginners:

1 30 seconds of high intensity
2 2 minutes of medium intensity
3 Repeat 4 to 5 times

Intermediate:

1 30 seconds of high intensity
2 90 seconds of medium/low intensity
3 Repeat 8 times

Advanced:

1 30 seconds of high intensity
2 30 to 60 seconds of low intensity
3 Repeat 8 to 10 times

DAY 3: LOWER BODY

See Weeks 1 to 4.

DAY 4 (OPTIONAL): TOTAL BODY + HIIT

See Weeks 3 and 4 and the above HIIT.

WEEKS 7 AND 8

FOCUS: LEANING OUT WITH CARDIOVASCULAR CONDITIONING, ACTIVE REST.
DIRECTIONS: LIFT 70 TO 80% OF YOUR MAX IN SUPERSETS. DO 3 SETS OF 12 TO 15 REPS. INCLUDE 30 TO 60 SECONDS OF ACTIVE REST (WALKING, JOGGING, JACKS, MOUNTAIN CLIMBERS, ETC.) BETWEEN SETS AND 60 SECONDS OF REST BETWEEN SUPERSETS.

DAY 1: LOWER BODY + CORE

See Weeks 1 to 6.

DAY 2: UPPER BODY + HIIT

See Weeks 1 to 6.

DAY 3: LOWER BODY + CARDIO

See Weeks 1 to 6.

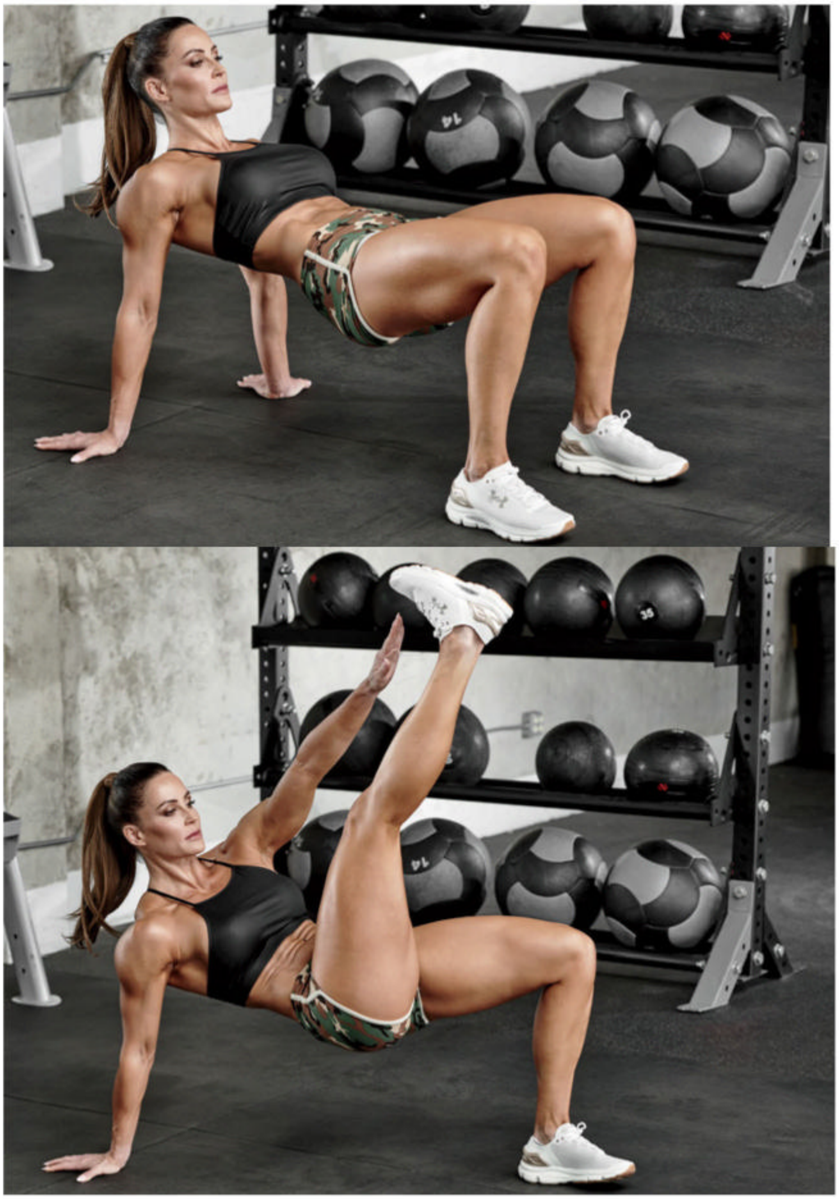
DAY 4 (OPTIONAL): TOTAL BODY + HIIT

See Weeks 3 to 6.

Crab With Alternating Hand/Toe Touch ▼

WORKS: CORE

Get into a reverse tabletop position, heels on floor under knees and palms on floor under shoulders. Lift hips, forming a straight line from knees to shoulders. Lift right foot off the floor; at the same time, lift left hand, touching it to right foot. Lower hands and foot and repeat on opposite side.



CLOTHING BY ROGIANI.COM. SHOES BY UNDERARMOUR

THE GLOSSY POUT

Lipgloss is back! But brands definitely had to up their game by creating non-sticky products due to "hair sticking to your lips in the wind disasters" of the past.

HERS suggest RIMMEL OH MY GLOSS! Up to 6 hours of colour, shine, comfort and moisture for your lips. It's a lip-loving gloss with argan oil and vitamin E that features Rimmel's 'Gloss Lock' technology, which delivers an elevated, long-lasting 3-dimensional shine. It's non-sticky, lightweight and comfortable to wear.

OH MY GLOSS!
OH MY GLOSS!
OH MY GLOSS!

EYELASHES THAT POP

If you still want to add a splash of colour, vibrant mascaras are definitely a thing for the 2019 season.

HERS suggests PAINTGLOW NEON UV MASCARA. Are you bored with your trusty black mascara? Are you in search of a head-turning alternative that can provide maximum volume and length, as well as ticking this season's trend boxes? Well, say hello to PaintGlow™ UV Mascara, a product that is about to bring a whole new definition to eye make-up as you currently know it.

PaintGlow
MADE IN THE UK
UV REACTIVE
NEON EYE MASCARA

ALL THAT GLITTERS

If the dewy, natural look is not your thing don't fret, glitter is all the rage and you can add it everywhere!

HERS suggests essence GET YOUR GLITTER ON LOOSE GLITTERS. You can apply the product wherever you want to shine. So go ahead and get you glitter on.

We also love the new Heritage range from Mavala for nails. These warm earthy colours will invigorate you and enlighten your wardrobe, contrasted by a touch of originality, sometimes by Klein blue or ultra-violet – a dazzling surprise –, and sometimes by pastel pink which is bright yet soothing.

essence
LOOSE GLITTERS
990 VERSAILLES
MAVALA
993 WINDSOR
MAVALA
988 SANTIAGO
MAVALA

MESSY BROWS

If you have not been able to construct the perfectly sculpted eyebrow, then the new 2019 trend is going to make you very happy! Messy eyebrows are back and the more unruly, the better.

HERS suggests ESSENCE EYEBROW GEL MASCARA MAKE ME BROW.

This mascara is a tinted gel that contains tiny fibres that fill in any unwanted gaps for beautifully defined and full eyebrows.

essence
make me brow
eyebrow gel mascara

CAT EYES

“The Cat Eye Flick” is a classic beauty look and is going to be a signature look for eyes this season.

HERS suggest CLARINS 3-DOT LINER. This revolutionary eyeliner offers precision application and the ease of grip of a pencil. The applicator’s clever ‘trident’ shape means the space between each lash can be filled in dot by dot to naturally accentuate the eyes and add volume to the lashes. It offers an exclusive foolproof application method to create mesmerising eye make-up. Formulated with Be Long Lash Complex for longer, stronger lashes.

CLARINS
3-Dot Liner

INNER SILVER

Silver creates a lustrous and prismatic beauty look. For the season’s make-up trends, silver found a home in the inner corners of the eye, where it promotes a look of wakefulness and dimensionality.

HERS suggests STILA Glitter & Glow Liquid Eye Shadow. This brilliantly ling-wearing sparkle eyeshadow combines the perfect mix of pearl and glitter to lavish eyes with incredible lustre and shimmer. With its uniquely lightweight, water-infused texture, Glitter & Glow glides on effortlessly, then dries down smoothly, locking in minimal fallout, for eyes with a real “wow!” factor.

"I Got My Drive Back"

A transformation challenge gave new mom Sarah Bowes the motivation she needed to reclaim her body—and take her fitness to the next level

BY **NICOLE ADAMO**

Putting herself first gave the new mom a boost of confidence.

• **LIKE MANY** women, Sarah Bowes didn't realize the number on the scale was ratcheting higher, until it climbed too far to ignore. She managed to lose her pregnancy weight fairly easily after having her son, Alex, three years ago, but after she returned to work she found balancing her job as a compliance officer plus the demands of raising an infant left her with little time or energy to eat right or exercise.

"I gained back all of that pregnancy weight and then some," says Bowes. "I'd get home and binge on cheap, processed foods like mac and cheese or get takeout."

When she tried to eat clean, it often became an excuse to eat unhealthily the rest of the day. Even weight-loss supplements failed to make a difference. "I realized there was no secret pill," she says. By February 2012, Bowes had ballooned to an all-time high of 78 kilograms and was discouraged by her lack of drive.

It was then that she and her husband, Chris, noticed a 90-day transformation challenge on a fitness website for the most dramatic results. "It caught my eye because not only was it a goal that we could work toward and it'd keep us accountable, but the monetary promise also sweetened the pot!" Inspired, the pair improved their diet and started a training routine.

While they didn't finish the contest, it was the jump-start Bowes needed. She spent about 15–20 minutes of her lunch hour each day doing cardio, and another 45–60 minutes of weight training at night after she put her son to bed. She also dramatically cleaned up her diet. After three months, she'd lost about 9 kilograms. "I had all of this newfound energy!"

By the following fall, she decided to enter a fitness competition. Working with trainers from Ultimate Transformations, she dropped another 5 kilograms while adding lean muscle. At her first event, the Tokyo Joe's Colorado State championships in July 2014, she took two first-place trophies and an overall, as well as placing second in the open division.

Competing gave Bowes ample confidence: "I found balance in my life—how I looked and felt mattered more than numbers on a scale." Friends, family, and even strangers began to tell her how her changes motivated them to become more active. "It's humbling because I was just like every other struggling mom who wants to lose weight. But I finally realized that only I could control whether my strengths outweighed my weaknesses."

How She Does It

Sarah's menu

BREAKFAST: Egg whites, steel-cut oats, and berries
SNACK 1: Chicken breast, brown rice, and green veggies
LUNCH: Sirloin steak, white rice, and green veggies
SNACK 2: Protein shake, peanut butter, and an apple
DINNER: Chicken breast and spinach or asparagus
SNACK 3: Egg whites and almonds

Training schedule

HIIT FASTED CARDIO 3–4 TIMES A WEEK
MON: Glutes, hamstrings, and triceps
TUES: Back, biceps, and core
WED: Shoulders
THURS: Cardio
FRI: Quads and hamstrings
SAT: Glutes and hamstrings
SUN: Off

ANTHONY MITCHELL

“I Wanted to Like What I Saw in the Mirror”

Ashley Soto went from hiding under baggy clothes to showing off her physique at a fitness competition. But the biggest changes she made were on the inside.

BY **KRISTIN MAHONEY**

ASHLEY SOTO was able to get away with eating lots of junk food when she was growing up, but the combination of an unhealthy diet and having two children close together (daughter Melanie was born in 2010; daughter Ava in 2011) was hard on her body. By 2013, Soto, 24, packed 161 pounds onto her petite 5′3″ frame. It took an emotional toll as well. “I constantly pointed out what was wrong with myself.”

That March, she decided she’d had enough. She found inspiration in other women’s postings on Instagram. “I started teaching myself new recipes, going to the gym, and researching different exercises.” She replaced those high-calorie junk foods with sweet potatoes, chicken breast, quinoa, and leafy greens. As a stay-at-home mom who is studying health-care administration, Soto fit in her workouts by exercising in the morning and bringing her daughters to the day care at her gym. “I began to see the weight come off and my muscles emerge,” says Soto. Within six months, she had lost 11 kilograms.

Soto decided to take it to the next level by entering a fitness competition. “I wanted to get on that stage and give it my all, even if that meant fighting the fear of what others may think of me. Just being able to feel comfortable walking around in a bikini in front of hundreds of people was huge,” says Soto. She brought her weight down to 50 kilos and placed third in her first competition, the Jen Hendershott Big Shott Classic, where she became a nationally qualified figure competitor.

Her newfound self-confidence has made her appreciate her family, and she hopes her daughters will learn what it means to have a positive body image. “No matter how you look, it’s important to always love yourself. You can’t change for anyone else but you.”

HOW SHE DOES IT

Diet: Five meals a day
Favorite meal: Tilapia with brown rice and a leafy green vegetable
Workout: Soto works out five to six days a week for about an hour and a half, training different body parts each day
Favorite part to train: Legs
Favorite supp: Dymatize ISO 100 whey protein isolate

TYSON ARTS

NEXT-GENERATION
RANGER
RAPTOR

UNLEASH THE BEAST

FORD HAS THROWN EVERYTHING IT HAS AT THE NEW RANGER RAPTOR AND THE RESULTS SPEAK FOR THEMSELVES

RAPTOR

FORD
RAPTOR
RAPTOR

Ford's performance following may have taken a knock with the tapering of its popular hot hatches and sedans but there is light at the end of the tunnel thanks to vehicles like the Ranger Raptor – a slightly compacted version of the infamous F150.

In several markets there simply isn't anything quite like it; a fusion of motorsport DNA that will give ordinary owners the feeling of what it would be like to drive in events such as the Baja 1000 desert race, but also do the school run.

The ultimate performance bakkie is headlined by its 3.0-liter twin-turbo petrol EcoBoost engine punching out an angry 292kW and 583Nm. It's actually the same engine found in the most popular selling derivative of the F150 in the United States… Rarely does an improvement of this magnitude occur between generations and needless to say it has completely transformed the Raptor and untapped its full potential.

Ford's ubiquitous 10-speed automatic gearbox should offer a good balance between performance and economy while shift paddles give the driver more control during dynamic driving. Strangely Ford hasn't quoted any performance figures for its most powerful bakkie. But what's a performance vehicle without the sound? Making its debut is the electronically controlled active exhaust system which amplifies the soundtrack according to the selected driving modes.

We counted seven driving modes in total, split between on- and off-road. The Baja mode is unique to Raptor and besides altering the power distribution through the differentials and loosening stability, also deploys Raptor's anti-lag system to keep boost pressure up. It must also be noted that the Raptor has an option to send power to the rear axle for added driving heroics.

Another signature Raptor trait is the Fox suspension. This has been recalibrated to include the latest generation FOX 2.5-inch Live Valve Internal Bypass shock absorbers paired with lightweight aluminum control arms, long-travel front and rear suspension and refined Watt's link setup at the rear. The latest design constantly adjusts to the terrain to provide the best traction from the F Goodrich all-terrain KO2 tires.

Outside or inside, the Raptor's design epitomizes performance in every definition of the word. The grille and flared arches imbue it with a wider and beefier stance yet at the same time a refined modern appeal thanks to LED lights front and rear. The seats are more sculpted than before and the instrument cluster's orange lighting is more pronounced. The dashboard houses a high-resolution 12.4-inch digital cluster – the largest yet on Ranger – and a 12-inch center touchscreen boasting Ford's new-generation SYNC 4 connectivity and entertainment system. The interior also features the 10-speaker 660W Bang & Olufsen sound system.

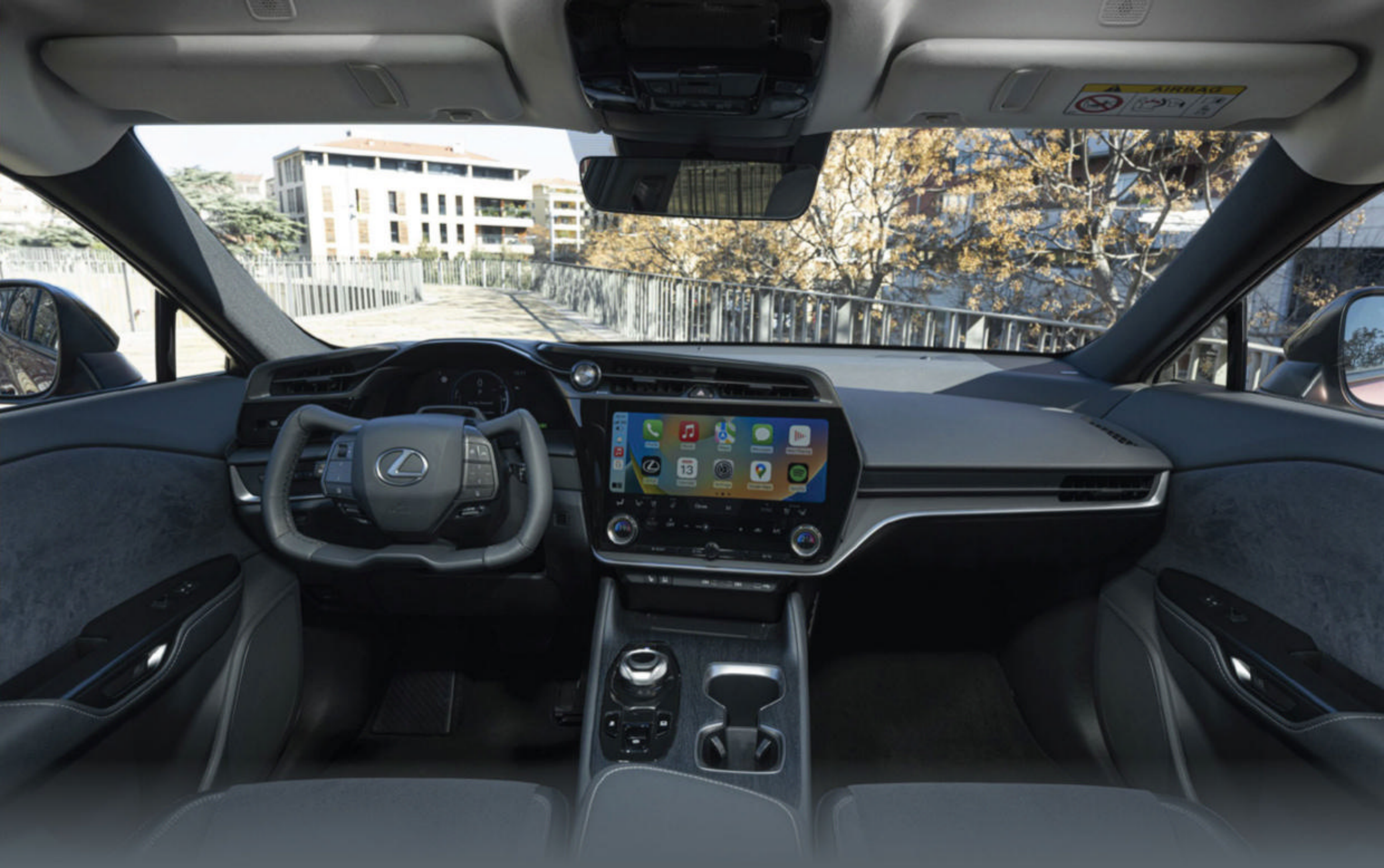
And just when you thought it was all play and no work, Ford added a 400-Watt inverter that also provides convenient 240V power to the load box in conjunction with a 12V socket.

Those wanting to add a little more flair with some personalized accessories will also be able to do so with new factory-approved partners.

Pawan Dhingara

SUPER-NATURAL STEERING

Lexus RZ breaks one of the oldest molds in motoring history



More than any other Lexus, the new RZ packs the most novel features of the lot. And we're not just referring to the fact that it is Lexus's first fully electric SUV, which correctly so is quite a big and bold statement in the market.

The Lexus RZ is built on an entirely new electrical platform. It's been intentionally designed around the batteries so it is less compromised than other Lexus models which were adapted later on in life. Fewer compromises mean improvements in weight management, range and interior packaging.

The battery itself is a 71.4kWh unit which is smaller than you'll find in a Jaguar I-Pace and BMW iX. Nevertheless it pushes out 201bhp to the front axle and 108bhp to the rear axle, and the all-wheel drive system helps it reach 60mph in 5.3 seconds. So it'll keep an Audi S3 honest between robots, which once again highlights just how ridiculously fast even the most unassuming of family-orientated EVs have become. Range is pretty decent too – expect around 250 miles on a charge as equally important is a charging speed of 80% in 30 minutes thanks to the 11kW on-board charger.

So far, so very Lexus. If that's all it did you'd probably be satisfied but to add a little bit of flair and quirkiness (not a term often associated with Lexus), they've installed a Yoke-shaped steering wheel. And it's not a visual gimmick like the one fitted to Tesla's because this one is actually part of a new steer-by-wire system called One Motion Grip.

It's important to be aware that the first Lexus RZ models might arrive with a conventional wheel as legislation is ironed out. It's also reassuring that the system has failsafe systems built in.

Steer by wire removes all that bulky steering geometry that physically connects a steering wheel to the wheels and instead relies on electronic signals in order to turn them. It's not an entirely new concept; vehicles like Infiniti's Q50 have done this before but its benefits are quite clear and plentiful. With steer by wire, one can vary the steering ratio depending on speed. Tight turns, like in a parking lot, can be done with minimal input, and then as the speed increases, that sensitivity can be dialed down. Vibrations and kick-back over rougher surfaces can virtually be erased. As for the shape of the wheel, it takes a few minutes to get used to, especially if you're someone who likes to rest an arm over the top, but it does provide a slightly better view of the dials.

And yes, admittedly the steering wheel yoke tries to overshadow everything else that's great about the Lexus RZ, and almost succeeds. However, put on a typical steering wheel and it's exactly the type of accomplished and polished electric SUV that is synonymous with Lexus. It's incredibly well-spec'd and with a state-of-the-art electric-ready platform, it feels like Lexus already has one foot in the future. Make that two feet with the Yoke-style steering wheel and One Motion Grip.

Pawan Dhingara

GREEN SLIME AND SLIDE

Much like the GTS is Porsche's sweet spot in the range, so to is the new BMW M3 CS.

Now, given how BMW has carved up the M3 name in recent times, we understand how all this badge engineering might be a bit confusing. BMW has already launched the Competition version and the CSL version, and that has established a pretty good context for the CS to fit into it.

For added context, you only need to look back about five years when the badge was placed on the bootlid of the previous generation M4. The recipe back then was to fit some stickier rubber, tweak the suspension, bump up the power and hollow out sections of the interior. What remained was replaced with carbon fiber. Despite being a meaner monster on paper, paradoxically, it felt more planted than the regular M4.

So what of this new version? Does it follow in the same footsteps, albeit with a face that still has some shock value.

It obediently follows the script of every go-faster M car, but also manages to find its own niche in the growing clutter. With a bit more pressure coming out of the turbos that 3.0-litre straight six punches an extra 39 horsepower to match the M4 CSL. Plus, some sturdier engine mounts apparently make the whole drivetrain feel a bit sharper every time you touch the accelerator. The new titanium exhaust back box also makes a raspy noise, adding to its livelier character.

Yet against the stopwatch, especially on shorter bursts from a standstill, the CS holds an edge thanks to BMW's all-wheel-drive system – not fitted to the CSL because of the added weight it would bring. That performance gap is also likely to grow when the surface is slippery. So if you want to do 0-60mph in 3.4 seconds, versus 3.7 seconds, rather go for the M4 CS but if you want a few mph at top end, grab the keys to the lighter CSL. It stops in record time thanks to carbon ceramic brakes.

And it's not just as clear cut as saying the CSL is the one for drifts and the CS is the king of straight-line performance. Thanks to BMW's xDrive in the CS, the driver can press a few buttons and turn it into a rear-wheel drive monster, capable of turning those

20-inch tires into a cloud of smoke. Or find a setting that emphasizes the rear-wheel drive bias, but keeps the front axle in a semi-conscious state. Both axles are underpinned by revised spring and anti-roll bars and there's a touch of race car setup in the way the camber has been dialed in. This is connected to an uprated steering system, although it doesn't quite revert to the glorious feel of those old-school hydraulic setups.

As for weight, the M4 CS sheds some mass compared to the regular M3, with a carbon fiber roof and lighter materials for the bonnet, splitter, diffuser and spoiler all contributing to the 20-kilogram diet. That's basically a few shopping bags converted into carbon fiber aesthetics, and not something you'll feel out on the road. Suffice to say, the M3 CS still retains the luxuries and safety features expected from a modern 4-door performance car.

As usual, there's the question of production numbers. BMW says they are limited but won't be quoted on an exact figure. But we expect demand for perhaps the best all-rounder in the range will keep the order books open, and the profits healthy, for some time.

Pawan Dhingara

A PURE BREED OF A NEW BREED

INSPIRED BY THE FERRARI FF AND GTC 4 LUSSO, THE NEW PERSANGUE PUSHES THE ENVELOPE ONCE MORE

“

A SENSE OF THEATRE IS PROVIDED BY THE REAR DOORS WHICH HINGE REARWARDS, AND THE OPENING AND CLOSING OF THEM IS ALL DONE ELECTRONICALLY.

”

I still can't help but call it an SUV, no matter how it makes the facial muscles of all those wearing red Ferrari jackets tighten and tense. Station wagon? Shooting Brake? Crossover? None of those really provide an adequate description of its perceived exoticness, but this is just Ferrari's way of saying that this is not a competitor to the Aston Martin DBX or Lamborghini Urus. As we know, trying to differentiate one's product in consumers' minds is half the battle, and Ferrari are masters of making you drink their expensive marketing cool-aid.

What the Persangue does have going for it in the exclusivity department is its architecture. The fact that its platform has never been used before on any other prancing horse is rare nowadays when even the most prim and proud companies are finding ways of repurposing componentry.

Looking at it under real light and conditions, I'm quite impressed. Firstly because it's actually here, in the metal, and ready for customers who have $400,000 to spend. The Persangue was first rumored in ?? 2018 a time when only Porsche had really cracked the market for a fast SUV – whoops, there's that word again. Now, obviously, we barely raise an eyebrow when exotic companies tell us they're adding doors and ride height to their range of supercars. We simply can't deny the underlying business sense, and Ferrari needs to keep its stakeholders happy. Yes, a complex package such as this is fraught with some styling compromises but where things need to be tucked and squashed it does so with some extreme functionality. It's long (nearly 5 meters), low and extremely taut and most importantly, I think you'd recognize it as a Ferrari – the badges help but it's undeniably Italian with traces of the Roma and 296 GTB. Very few items break the surface, which is our way of saying it's exceptionally aerodynamically smooth, with vents and inlets that slice through the bodywork. The longer you look at it, the more aerodynamic devices seem to appear out of nowhere.

A sense of theatre is provided by the rear doors which hinge rearwards, and the opening and closing of them is all done electronically.

Practicality isn't a term that Ferrari has used outside of a GTC 4 Lusso of FF, but with its 400-liter boot and four seats, I imagine customers will know exactly how it'll fit into their lives, as well as their multiple-car garage. It's not the largest boot (an Urus has about 200 liters more) but you can drop the rear seats to increase the versatility.

So let's do the unusual thing and start with a Ferrari interior where you'll find just four seats – the rear-mounted transmission is where the extra middle seat would normally be.

Some things are worth sacrificing and a near 50:50 weight balance is certainly a sticking point that the engineers weren't going to give up. The rear seats are fully adjustable and extremely comfortable with a feeling of being snuggled inside a tailor-made Italian cocoon. Visibility outside any window, other than the windscreen, is limited but cameras and sensors take care of that potential issue.

Driving ergonomics are well-placed and minimalist. Displays show just what you

> "THERE ARE SUBTLE DIFFERENCES TO THE ENGINE IN THE 812 SUPERFAST"

want, when you want, and the steering wheel carries the bulk of operations, with other physical buttons for the windscreen wipers and lights. The driver can customize his screen by swiping a button on the steering wheel without affecting the other display that sits ahead of the passenger. This design, along with the two individual rear seats, makes the interior feel as though every person has their own space customized how they want – the only thing you're likely to fight over is the wireless charger.

Never once does it feel like it's lacking a feature and on the more monotonous stretches of highway, it feels like a place you could easily make work calls and remain connected to the world around you.

Then twist a few dials, and the cockpit sharpens, everything behind the front seats seems to fade away and you can feel your pulse climb, along with the winding road ahead of it...

Under the hood, the Persangue lives up to its name: Thoroughbred. Powered by a 715Hp 6.5-liter V12 that almost mirrors the engine in the 812 Superfast, its lack of turbos or hybrid assistance, makes it mechanically authentic. There are subtle differences to the engine in the 812 Superfast; thanks to revised intake and exhaust timing, it provides more punch at lower revs. But explore the full 8,000rpm on offer and the Persangue is viciously fast, going from 0-60mph in 3.3 seconds and 0-120mph in just over 10 seconds. Impressive for Ferrari's heaviest car – about 400 kilograms more than the FF.

Although it's all-wheel drive, useful for snowy conditions, the rear is still extremely lively to impulsive throttle inputs, helped by a rear-wheel steering system that helps thread the car through a series of tight apexes. Slides are easy to provoke and the little bit of extra weight to the steering, on account of the car's extra mass, helps to coerce it back in line smoothly.

The suspension is a big reason as to why the Persangue has the breadth of abilities it does. It features something called TrueActive spool valve which can indecently control compression and rebound on individual wheels. The dampers are fitted with their own control module which responds to whatever driving mode is selected and the entire setup is supported by the car's internal 48-volt electrical system. Contrary to the number of motors and electronics, this type of system is actually one of the lightest and the easiest to package, plus its range of stiffness and absorption is the real winner. It's not designed for off-roading and indeed the Persangue lacks any ride height options but it introduces a new talent to Ferrari that I'm sure is here to stay in future nameplates.

And it's that last point that perhaps best summarizes the Persangue. It's not here to replace Ferrari's contemporary sportscars, it's actually here to make them better. To debut tech that helps defy gravity and push Ferrari's in-car user experience to new levels of comfort and convenience. It also helps that it's outrageously fast and solves a problem that die-hard Ferrari customers may have about what to do with their family.

Pawan Dhingara

FLYING ABOVE RADAR

Matador's red flag replaced by a green one

The motor industry is at a crossroads and we seem to reflect on it every issue: the inexorable transition from internal combustion engines, to hybrid and to full EV. The momentum is with the latter, with the occasional V8 or V12 clinging on for dear life.

And nobody is more synonymous with V12s than Lamborghini so news that it's charismatic normally aspirated V12 is coming to an end is significant, and emotional. Lamborghini has announced that its 6.5-liter V12 will take the stage for a final time in two special edition models; And this really is the last of the bloodline, so savor these technical highlights.

Both are based on the Aventador's carbon-fiber monocoque but distinguish themselves by having an exterior made exclusively of carbon fiber. There is no room for subtlety here; Lamborghini has drawn inspiration from its most outrageous variants, and yet somehow glued them together in a functional way. Yes, the underpinnings are now ancient by supercar terms but the 6.5-liter V12 mounted over the rear axle helps one overlook those details. It produces 569 horsepower and 531 pound-feet of torque – the same as the Ultimae – which does 0-60mph in 2.8 seconds with a top speed of 221mph.

The Invensible and Auténtica have their own identity that extends further than coupe versus the open-top. The Invensible's rear wing is mounted on a swan-neck system while the Auténtica has two shark fins. Unique colors also add to the distinction, with the Invensible Rosso Efesto and the Auténtica in Grigio Titans with matte black accents.

Don't ask us to pick a favorite, but believe us when we say that bedroom walls are not safe from these two.

It's been 12 years since the Aventador replaced the Murcielago and in that time there's been eight jaw-dropping model derivatives – the Ultimae being the last. So successful has the Aventador been that it eclipsed its predecessor's entire sales volume in five years.

The Aventador's hybrid replacement is expected this year with spy shots already doing the rounds. Yes, it has four-exhaust pipes, sharp lines, enormous tires and hugs the ground - early indications are good. When it's given an official name, it will be Lamborghini's first mainstream hybrid, notwithstanding the very niche Sian and revitalized Countache. It will be followed by a new Huracan in 2024, also armed with a new plug-in hybrid system.

Pawan Dhingara

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